Fairytales and Feelings
Parent Supplement

CinderSilly

Philosophy

Children develop most of their belief systems at an early age. They often adopt beliefs that parents and teachers are unaware of, only to discover later how negative beliefs have shaped decisions and lives. This program is designed to instill a positive, pro-active concept. It is true that life's challenges can be difficult, but the attitude with which a person faces these challenges often determines success or failure.

We can give up easily in defeat or we can face difficulties with confidence, focus and enthusiasm. How a person faces those difficulties makes all the difference. Hope and optimism is not intended to deny or avoid challenges but to provide a tool to tackle problems.

In the traditional Cinderella stories, Cinderella is a victim of her circumstances. Her beauty, kindness and good fortune to have a magical fairy are rewarded. An ordinary girl becomes royalty. The purpose of this new version is to remove the magic and put the heroine in control of her circumstances and her life. She is a pro-active girl with a positive attitude, who doesn't accept the traditional victim role.

"Life is what you make it" puts your child in the driver's seat of experience. It gives children a tool to use in building trust in themselves and a belief in their own abilities to be co-creators of their lives. Children develop an optimistic life view that serves to build a healthy self concept and reaffirms the belief in their ability to succeed.

Objectives

- Define chore as doing hard things
- Define discouragement
- Define frustration
- Explore how attitude affects experiences
- Explore the concept of finding fun and joy in everyday activities.
- Introduce the idea of creating your own experience.
- Redefine the character of Cinderella from gentle and powerless to positive and resourceful.
- Provide playful tools to use while doing 'chores'.

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At-Home Activities

1. Share with your child age appropriate 'hard things' you do, and explore more things kids do that are hard.
2. Find creative ways to make chores fun. Participate in the creative process of making up chore games and applaud your child for doing the same. Set an example, such as: play loud music and dance while mopping the floor.
3. Make up your own Cinderella/ CinderFella story putting your child in the leading role.
4. Look for opportunities to help your child be empowered by creating a positive attitude and optimistic perspective. Incorporate the phrase, "life is what you make it" into everyday life.
5. Act out the CinderSilly story for a relative or friend.
6. Enjoy the song (or make up your own):

"Any chore can be made fun
Tra-la-la-la-la, Day-o.

Laugh and sing, we've just begun.
Tra-la-la-la-la, Day-o.

Pick the toys up one by one.
Tra-la-la-la-la, Day-o.

Any chore can be made fun
Tra-la-la-la-la, Day-o.

Resources

Explore Cinderella stories in a variety of styles and from different countries. There are countless numbers, easily discovered at any library.

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