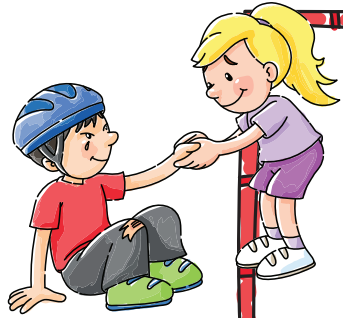


# Value: Selflessness and Optimism



Selflessness means someone cares about other people more than themselves. Selflessness means being unselfish, generous, and self-sacrificing. Optimism is the feeling of being hopeful about the success of something in particular. Optimism is having a positive outlook, having a sense of hope and confidence.

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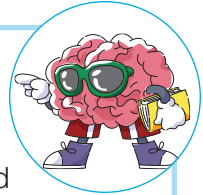
## Kyler Nipper

Kyler Nipper woke up in the middle of the night startled because of a nightmare. Kyler often wakes up like this from post-traumatic stress disorder (PTSD), which is from an incident that happened in 2016. He was stabbed in the hallway of his middle school with a pencil after being bullied because of his worn-out shoes. The pencil punctured his lung and he needed immediate surgery. However, on this particular night, Kyler had a solution. He crept out of the apartment at Veteran's Village homeless center with a bag of shoes in his hand. His parents woke up in the morning and couldn't find him. Kyler was handing out shoes to homeless people outside the gate of his apartment. This act has helped him cope with his PTSD. Kyler has collected over 20,000 pairs of shoes from his organization called "Kyler's Kicks". Kyler wants to make sure no one gets bullied because of their shoes. Kyler showed his selflessness by turning his trauma into action for others. We can use our failures, or trauma in our own lives to do something to make someone else's life better.

– Christopher C., 13

## Family activity to encourage optimism:

Check out these phrases and idioms that are examples of optimism. What do they mean? Have each family member make a picture depicting one phrase and see if the rest of the family can guess it.



When life hands you lemons, make lemonade.



There is a light at the end of the tunnel.



Keep your chin up.



There are plenty of fish in the sea.



Every cloud has a silver lining.



## Family movies that demonstrate optimism:

- Wonder
- Chitty Chitty Bang Bang
- Free Willy
- Homeward Bound
- The Land Before Time
- Mary Poppins
- Up
- Paddington Bear

## Child Activity:

Practice positive affirmations. Make a list of some of the negative things your child says when frustrated or discouraged. Together, make a list of positive, optimistic affirmations they can say to themselves instead.

This is too hard

This may take some time and extra effort.

I messed up

Mistakes help me learn

I give up

I'll try a different strategy.

I can't make this any better

There's always room for improvement, so I'll keep trying.

