

Joy December 2019



SAY IT:

Finding a way to be happy, even when things don't go your way

KNOW IT:

ASK A KID: Think of a time that something didn't go your way. How did you react?

- What are some ways you can show that you're happy even when things don't go your way?

ASK A GROWN UP:

- Share examples of times when things haven't gone your way as a child and now as an adult.
- How have you handled these situations over time as you have gone from childhood into adulthood?

SEE IT:

Athletics is a great place to see how people react when things don't go their way. As a family, watch an athletic event/competition this month either in person or on TV. Pay close attention to the team that is losing at any given time. Watch their body language and take note of their reactions. At the end of any contest it is routine in most sports to walk through and shake each opponent's hand or give them a high five. You will see joy in players who exhibit good sportsmanship. They will enthusiastically and intentionally congratulate the winner, even though they are upset that they didn't win and it didn't go their way.

BE IT:

Be mindful this month about finding a way to be happy even when things don't go your way. Consider how you used to react when things didn't go the way you wanted them to. Now think of ways that you can find something positive in the outcome instead.

PHASE

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By the time kids hit upper elementary, they begin to realize their first major crisis: **Friendship.**

This isn't just something that happens to our fourth and fifth graders. Believe it or not, research is beginning to show that by kindergarten many kids are testing the power of their influence and seeking connections with friends at any cost.

Meaning, as soon as they become aware there are other people in the world besides them, they start making decisions based on the sort of friends they want to attract.

Here are a few ways you can help your elementary kids develop friendships.

- Help them develop self-confidence.
- Widen the circle of people around them to include adults you trust.
- Ask questions about what's happening in their friendships.
- Don't freak out! Every Phase is new for your child and you as a parent, so there will be some bumps in the road.

So don't miss it. Developing friendships is a part of being a kid, and each one is learning as they go.