

Joy DECEMBER 2022



SAY IT:

I can have a good attitude.

KNOW IT:

FAMILY DISCUSSION TIME:

- What are some things in life that make you happy, even when things aren't going your way?
- Have you ever known someone that seems to have joy all the time?
- Can you think of anyone in your class or family that has joy? How does it make you feel to be around that person?

SEE IT:

Most of us have seen the movie *Despicable Me* where we get to meet the joy filled little yellow critters, Minions. Watch [this video](#) of the song "Happy", by Pharrell Williams and talk about what it would be like to have the kind of happiness and joy that the Minions seem to have. If you want to make it real fun, come up with a dance to do with motions to the song. See if singing and dancing as a family can help you add a little joy to your day.

BE IT:

Think about some of the things that bring joy to your family and friends. Take some time or spend a little money to give some small gifts that you think will bring joy. Make a card, bake some cookies, do an extra chore or service project, give them a small piece of candy. Pay attention to people who are having a bad day and think about what you can do to bring some joy to their lives.

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.