

Commitment MAY 2024



SAY IT:

I can keep my promises.

KNOW IT:

FAMILY DISCUSSION TIME:

- What does it mean to make a promise?
- Why are promises important?
- Talk about a time when you made a promise to someone else.
- Talk about a time when you had to make a promise to yourself.
- What do you do when something you promised or wanted to do becomes difficult?

SEE IT:

On YouTube, watch [this video](#), a song by Bruno Mars and his friends at Sesame Street. They are singing about the value of commitment and not giving up when things get hard. Watch this video with your child and discuss some things that are hard to do – like roller skating or riding a bike. We show that we are committed to keeping our promises by doing things even when they aren't easy.

BE IT:

At the beginning of each week this month, sit down with your family and discuss the commitments each family member has for the week. This might look like a list of chores, practices, volunteer opportunities, job responsibilities, etc. At the end of each week, sit down again and evaluate the week. Did everyone follow through with their commitments? Discuss ways to recommit to a goal if a plan was not followed the previous week. It's important for preschoolers to see grownups follow through with their commitments and keep the promises they made to others and themselves.



Have you done the math?

How many weeks do you have from now until your child graduates from high school? You have about 36 less than when the school year started!

No matter their age, kids need a few things over time:

LOVE gives them a sense of worth. Knowing they are loved and seeing others love each other gives an example of what your kids will look for in future relationships.

STORIES about their past, their family, and their environment give them a bigger perspective.

WORK that is appropriate for them helps to give them purpose and significance.

FUN helps give them connections to others.

GROUPS (a team, a youth group, a cast, a class, etc.) give them a sense of belonging and fitting in.

WORDS that encourage, support, and correct give them direction.

So don't miss it. This school year may be over, but there is still time to incorporate love, stories, work, fun, tribes, and words in the time you have left.