

Joy DECEMBER 2025



SAY IT:

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

KNOW IT:

ASK A GROWN-UP:

- What are some things that bring you joy?
- Describe a time when you chose to have joy, even though things didn't go your way.

ASK A KID:

- What are some things that bring you joy?
- How can you choose to have joy, even when things don't go your way?

SEE IT:

It is usually easy to be joyful when things are going our way, but what about when things get tough? It is important to focus on the people and activities in our lives that bring us joy. Even when things get challenging and we have a lot of work to do and we are facing some problems we don't really know how to fix...we can choose to have joy. In the movie *Despicable Me 2*, Gru is a pretty mean and grumpy character, but he breaks out of his negativity when he finds something wonderful in his life to focus on.

Watch this clip of Gru choosing to be joyful and happy as he thinks about the things that bring him joy: <https://www.youtube.com/watch?v=Mdr8vl37MvY>.

BE IT:

As a family, make a list of ten things that bring you joy. Talk about the things, the people, the songs, the shows, or the activities that bring you joy. Make a conscientious effort to spend time every day this month enjoying the things and people that you have identified. Create a habit of being joyful together, even when things aren't going your way. Choose to be a family that focuses on joy every day.

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.