

## HOME PROJECTS FOR FEBRUARY

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CHEERFULNESS—looking on the bright side

### *Grades Pre-K-2—Saint John Bosco*

1. List appropriate ways to make people smile. Count how many times you can make someone smile each day.
2. Explain the expression “every cloud has a silver lining”. When you have to do something hard or something you don’t like doing, practice listing what is good about the situation.
3. It’s true: frowning faces aren’t handsome, cute, or pretty. Practice smiles and scowls in a mirror with your child, and comment how much better they look when they are happy. Agree on a signal (such as touching the corner of your mouth) that you will use to remind him or her to wipe off a frown.
4. Choose a day of the week that will be a “no complaining day” in your house and at school. You can’t complain, either! Discuss afterwards whether the family is happier on these days.

### *Grades 3-5—Saint Philip Neri*

1. Learn some appropriate jokes and share them.
2. Discuss “glass half-empty/half full” mentalities. What are the benefits of seeing the full half? Practice naming positive aspects when faced with hard situations and share how this tool affects experiences this month.
3. Play a family game or watch a fun movie together.
4. Whistle while you work: chose a chore you dread and sing to a CD or the radio while you do it this month. (Make sure it’s uplifting music!)
5. Practice encouragement: whenever you hear someone complaining this month, give them sympathy, but then point out things they are good at and how they can use them to overcome their troubles.
6. Watch the movie *Annie* and discuss the benefits of a positive attitude. Choose something that could get you down and be more positive about it this month.

### *Grades 6-8—Blessed Miguel Pro*

1. Discuss your family’s recreational activities. Are they truly re-creative, refreshing and restorative? Or are they draining, causing extra stress and busyness?
2. Discuss the self-consciousness and need for peer approval experienced by most teens. When you catch a peer criticizing him/herself, be sure to tell them the true good you see in them, including the good qualities of their character.
3. Discuss signs of teen depression. Are certain types of music and fashion warning signs of depression? Why does society glamorize depression? At what point should a true friend report a concern to an adult?
4. Listen to oldies music together and discuss cultural trends toward happiness or sadness. What is the root? What are the effects? What should we do about it?
5. Practice seeing the good in everything. Even when something bad happens, pray and ask God to help you to see the good He can bring out of it. For example, a bad grade might motivate you to study more than ever before. Being sick might provide extra quality time with your family, or a temporary misunderstanding with a friend might give you a chance to meet someone new. Try to thank God for everything, even what seems bad. Find the good in it!