

Kindness. Honesty. Empathy. Respect.

A *Simple Seed* is a morning journal for kids and their parents to start the day strong, teaching important character values and the benefits of practicing gratitude and positive self-talk. Simple yet powerful lessons during breakfast show children how to be their best selves and their own best friend. They'll learn how to overcome obstacles, take responsibility, persevere, and accept themselves for who they are. Each entry is accompanied by a giggle, daily challenges, and a parental perspective to spark meaningful conversation with kids about the things that matter most.

A *Simple Seed* reinforces a growth mindset, helping children build the habit of choosing love over hate, forgiveness over anger, and courage over fear. Through daily entries, they'll come to understand they are always in control of their attitudes and efforts and can trust themselves to meet life's challenges with confidence and inner strength.

Parenting can be rewarding but incredibly challenging, too. A *Simple Seed* gives busy parents the chance to empower and make deeper connections with their children. A foundation for good mental and emotional health is the greatest gift we can give our kids. Now, more than ever, children need to learn the essential life skills that will help them manage their emotions, develop resiliency, and flourish!



"A brilliant growth-mindset journal that will take five minutes to do and will leave a lasting positive impact on the child and the whole family. One of the absolute BEST things I've ever done for my kids."

— Melanie W.

"It has changed the whole vibe of our morning to a growth, positive, problem-solving mindset. It will bring calm and closeness to your family each morning and get the whole family started on the right foot! You have to try it!!"

— Katelin O.

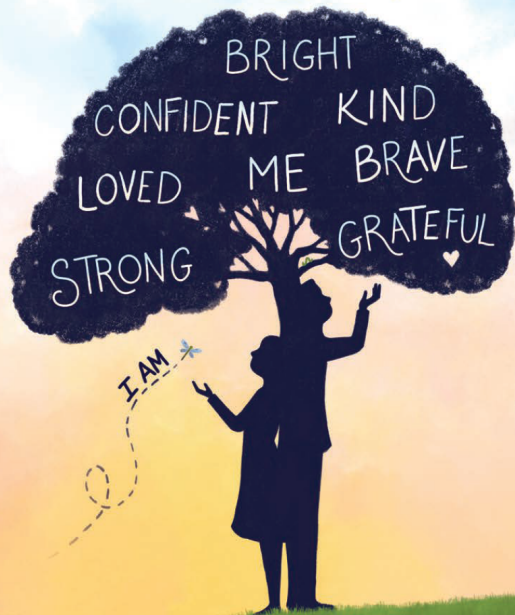


Katie Wood is the busy mom of four young children, a business owner, and the proud wife of a hard-working fireman. As a former teacher, she understands how important it is for children to have a growth mindset and learn the essential life skills that will empower them and help them live a purposeful life filled with courage, gratitude, forgiveness, and compassion.

A SIMPLE SEED OF GROWTH, GRATITUDE & GIGGLES

Katie Wood

A 5-minute morning journal for kids



A SIMPLE SEED
of Growth, Gratitude & Giggles

KATIE WOOD


PYP

Academy
Press

Every book sold helps plant a tree.

PYP

Academy
Press



*To start your day
firmly planted*

A SIMPLE SEED

It all starts with a simple seed planted in the ground. With time, nourishment, water, and sun, roots start to form. As the roots grow, they dig deep into the ground and anchor the plant so it can bloom and flourish above ground. The roots are the foundation of the plant. YOUR roots are the foundation of you. This journal is full of beautiful little seeds meant to strengthen your roots. With time, you, too, will sprout into your amazing self!

WE LOVE A SIMPLE SEED BECAUSE...

"A brilliant growth-mindset journal that will take five minutes to do and will leave a lasting positive impact on the child and the whole family. One of the absolute BEST things I've ever done for my kids." ~ Melanie W.



"In only a few minutes each day, this journal brings us so much laughter, happiness, and peace! We love how it helps to build our confidence and teach us important life lessons. This journal gives great examples for each entry, which helps make it so easy to understand and apply to our lives. It has really helped us recognize how important it is to take a moment each day to grow our minds, to show gratitude, and to laugh!" ~ The Connor girls, aged 12



"A *Simple Seed* has been a great conversation-starter: a new topic every morning to improve mindset, a place for gratitude, and a joke to make it light. These are things that we as adults are just now learning. Can you imagine the impact if we can instill these positive practices in our kids?! It is so powerful!" ~ Michele M.



"Even my husband benefitted from *A Simple Seed*! He struggles with stress and positivity, and he grew so much as well by joining us." ~ Dina I.

"I've been looking for an easy, quick way to implement mindfulness and a growth mindset into our daily lessons and lives. I have a ton of books but got so overwhelmed with it all that I didn't know where or how to start! *A Simple Seed* was exactly the start we needed." ~ Kristen L.



"It has changed the whole vibe of our morning to a growth, positive, problem-solving mindset. It will bring calm and closeness to your family each morning and get the whole family started on the right foot! You have to try it!!" ~ Katelin O.



"It's a great way to begin conversations with your kids on tough but important topics in a logical and simple format." ~ Kate M.



"The impact this journal has had on our entire family is truly amazing. I've noticed our four children paying attention to the small things in life, gaining a better understanding of self-awareness, and expressing gratitude more. It's incredible the impact such a simple habit of writing down what you're grateful for, acknowledging yourself in a positive light, and taking the time to pause creates. This journal has lit up our mornings and has brought so much joy to our family. The conversations that come out of it are priceless. I am grateful beyond measure! Every child will benefit from this!" ~ The Reid family

HOW THIS JOURNAL WORKS

How you start each morning matters. Simply put, it sets the tone for the entire day. What if we could give our kids the gift of starting off their mornings with more intention? This journal focuses on just that. It helps kids set their minds in the right place and prepare for whatever the day will bring. The intention of this journal is to encourage a growth mindset, make gratitude a habit, become aware of our self-talk, repeat a daily challenge, and, of course, prompt some giggles.

Research shows that a consistent and empowering morning routine increases focus, clarity, productivity, and happiness. It has been said that we are what we repeatedly do, so why not teach this habit at a young age so children can practice it throughout their lives?

The life lessons within this journal will help your child gain understanding about various topics and compile a toolbox of strategies they can use in school, home, and life. Practicing daily gratitude helps them shift their focus to what they DO have and away from what they don't. Gratitude is VERY powerful, especially when kids start to realize it's the little things in life that mean the most. The I AM statements help your child become aware of their self-talk and change the way they see themselves. Then, the practice of daily repeating the challenge eventually takes root in your child's brain and becomes a habit. The giggles remind us to laugh and smile more in life. And since smiling is contagious, having your kid intentionally think about making others smile will help brighten everyone's day. Finally, the parent perspectives offer ways for moms

and dads to engage at a higher level. This is when parents can share real-life, relatable examples and form deeper connections with their kids. This can be done immediately after kids finish a page, during dinner, or at night before bed, when you revisit the journal.

Life is busy, mornings can be chaotic, and you can barely get your kids out the door in time and still eat breakfast. So, you might be asking, "How am I going to fit in a morning journal?!" The goal is not to make more time, but to use your existing time wisely. This journal can be done while eating breakfast, so instead of trying to conquer the maze on the back of the cereal box, let's fill that brain with goodness! Depending on your child's reading level, it will only take about five minutes a page. Have them make their beds, brush their teeth, and complete their journal. BAM! You've just set them up for a successful day!

STATS

Out of 100 people:

- ✔ 95% of parents said it helped them start conversations with their kids about having a growth mindset.
- ✔ 90% of parents said it helped create calmer morning routines and/or created a more positive start to their children's day.
- ✔ 95% of parents said it helped their children learn about, focus on, and express gratitude.

Participants say *A Simple Seed* provides the following benefits:

- ✔ Centering their child for the day and starting off with a smile
- ✔ Setting their mindset for the day in a positive way
- ✔ Helping their child be more mindful of their actions and words
- ✔ Helping their child look for little things to be grateful about
- ✔ Providing quality time spent together as parent and child
- ✔ Helping their child learn to anticipate obstacles and have a growth mindset about them

- ✔ Helping their child see themselves in a different light because of the I AM statements
- ✔ Creating better communication and richer conversation between parent and child

WHO THIS BOOK IS FOR

This book benefits both children and adults. We ALL need to start our mornings with a positive mindset. Our brains are created to keep us safe and comfortable, but we can tap into so much more! To do this, we need to get into proactive mode and be more intentional. This journal is ideal for kids who can read on their own, so it's not "another" thing for parents to do during their already busy mornings. It's smart to follow up with a meaningful conversation at dinner or bedtime. If you DO have the time to help your kids, it's a beautiful way to spend time together. If mornings are completely out of the question for you, use this journal as a powerful way to end your day together.

We learn our belief systems as young children. Those belief systems set the foundation for our entire lives. They're the roots of who we are. What we believe as adults about ourselves and the world most likely stems from childhood. For this very reason, it's so important to help your children establish positive belief systems so they develop a positive attitude in life. This journal does that by teaching them about good values and positive mindsets, which helps build confidence over time. The goal is to foster their growth 1% each day. That's all. Just plant one small seed a day. In time, those seeds add up, and you'll get to see your kids bloom. The mere fact that you want to invest in your kids makes you a darn good parent already! At the end of the day, parenting is life's greatest calling. This journal is made to create connections, learn life lessons, and provide time to just BE together.

LETTER TO PARENTS

Dear Parents,

Life is ANYTHING but simple. Our role as parents can be incredibly challenging yet so rewarding. The goal of this book is to help your children become grounded in their authentic selves. It was created to make your mornings more positive and meaningful. If you're anything like me, you have days when you can barely stay afloat. Your mornings are most likely hectic and rushed, but this book is intended to help turn chaos into connection. Each entry is quick yet powerful. And when done over and over, the entries create a great life habit of setting the tone for each day.

The best way to implement the lessons in this journal is by encouraging your children to engage in this journal while they eat breakfast. That way, you're simply using your existing time differently. You can follow up on it at night during dinner or before bed to start a meaningful conversation. This journal is intended to help you invest in your children with the little time you have. It's five minutes a day to connect, to empower, to ground yourself in what is most important in life, and to plant positive seeds in the minds of your kids.

The first hour of your day sets the tone for the entire day that follows. For most of us, that hour is rushed, unintentional and monotonous. This journal will break that cycle. It's here to teach your children various life lessons, to practice gratitude, encourage positive self-talk, challenge their minds and, of course, make them giggle. By completing this journal, they'll develop strong roots, and you'll make deeper connections.

Kids are born into the world with an open mind, and we mentors are their most important teachers. The best thing we can do is plant seeds in their beautiful brains, then nourish them and watch them grow tall and strong. Just think of all the seeds you'll plant in your loved ones' beautiful minds after completing all 100 entries!

The goal is to help your kids improve 1% each day. That's all! How you start your day determines how the day flows, so it's crucial to be mindful in the morning and check your heart, attitude, and mind. The key is to be consistent in the journey; with time, you'll see a difference. Save their journals as a keepsake for your children to look back on one day and remember their worth!

The simple act of planting a seed each and every day has a significant impact on how your kids view themselves and the world around them.

"Children must be taught how to think,
not what to think." ~ Margaret Mead

LETTER TO KIDDOS

Dear Kiddos,

Did you know your brain is like a muscle and that you need to GROW it to make it strong?

This journal will give you the strongest, most amazing brain around! It will help you start the day right so you can walk around with your head held high.

Now listen up. This ISN'T extra homework; that would be the WORST!

This journal is FUN!

It's going to make you smarter, more confident, more grateful, and it will also make you laugh.

I mean, who doesn't want all of that goodness?

The goal is to read it in the morning WHILE you eat breakfast. You don't have to get up earlier, I promise! Starting your day with this journal will set the tone for GOOD day, and it will make your parents pretty proud.

Does that mean every day will be perfect? No. Life doesn't work that way. But you're going to learn all about that, too!

OK, enough chatting. Are you ready to be EMPOWERED? I bet you'll even teach your parents a thing or two!

GRATITUDE, THE SECRET INGREDIENT



Gratitude turns what we have into enough. We tend to focus on what we DON'T have, and that causes us to always want more. When we focus on what we're grateful for, it makes us happier. Gratitude also improves your health, emotional well-being, and resilience. It increases self-esteem and decreases anxiety and stress. It allows us to realize we are not the center of the earth, and it humbles us.

Here's the trick: The dividends are in the details! Be grateful for the SMALL things in life, the things we most likely take for granted. Sometimes we don't realize all we have until we actually focus on it. Try it! After you realize what you're grateful for, imagine your life without it. It brings it to a whole different level, right? Gratitude IS the secret ingredient!

Here is a list to get you started:

- ☺ The warm sun on your face
- ☺ Airplanes
- ☺ Cold watermelon on a hot day
- ☺ Puppies
- ☺ Trees that help us breathe
- ☺ The smell of pancakes and bacon
- ☺ Running water
- ☺ Clean laundry
- ☺ Puffy clouds
- ☺ Soap to wash our hands
- ☺ Hot showers
- ☺ Finding a dollar in your pocket from last summer
- ☺ Handwritten letters

- ☺ A toilet that flushes
- ☺ The Internet
- ☺ Firemen
- ☺ Matching socks
- ☺ A rainy day
- ☺ Fingers that let you pick up your toys
- ☺ A delicious bowl of spaghetti and meatballs
- ☺ Fresh fruit smoothies
- ☺ A good joke
- ☺ Teachers
- ☺ The custodian at school
- ☺ Sports
- ☺ Grocery stores
- ☺ When a friend says, "I'm sorry"
- ☺ A great pair of sneakers
- ☺ A BBQ on a warm summer night
- ☺ A good night's sleep
- ☺ Chocolate
- ☺ The stars at night
- ☺ The ocean
- ☺ Music that makes you want to dance
- ☺ Gummy bears
- ☺ A long hug
- ☺ Your brain
- ☺ The smell of popcorn
- ☺ Your heart for beating on its own without you asking it to
- ☺ Mail
- ☺ Rainbows
- ☺ Good hair days
- ☺ A lazy Sunday
- ☺ Vacation
- ☺ A warm fire
- ☺ The ability to walk
- ☺ Birds chirping
- ☺ A home-cooked meal
- ☺ Medicine
- ☺ Electricity

THE POWER OF I AM



I AM statements are powerful. They remind us who we are and who we want to be. Our brains continuously generate thousands of thoughts every day. Unfortunately, most are negative.

If we are intentional about what follows our I AM statements, we will feel better about ourselves. Not overnight, but with time. Our I AM statements are like boomerangs: Whatever follows them will come back to us! The goal is to become more aware of our self-talk and how we define ourselves.

"I AM. Two of the most powerful words, for what you put after them shapes your reality." ~ Bevan Lee

Here is a list to get you started:

- | | |
|---------------|-------------|
| ☺ A LEADER | ☺ ME |
| ☺ EXCITING | ☺ CALM |
| ☺ WORTHY | ☺ BRIGHT |
| ☺ TALENTED | ☺ BRAVE |
| ☺ GIFTED | ☺ POSITIVE |
| ☺ HAPPY | ☺ BEAUTIFUL |
| ☺ MOTIVATED | ☺ STRONG |
| ☺ DISCIPLINED | ☺ HUGGABLE |

- ✔ HONEST
- ✔ THOUGHTFUL
- ✔ CHEERFUL
- ✔ KIND
- ✔ OPTIMISTIC
- ✔ A GOOD LISTENER
- ✔ POWERFUL
- ✔ LIMITLESS
- ✔ ENOUGH
- ✔ UNIQUE
- ✔ AWESOME
- ✔ CREATIVE
- ✔ FUNNY
- ✔ FREE
- ✔ GENEROUS
- ✔ INSPIRATIONAL
- ✔ LOVABLE

LET'S GROW



"Live your life as though everything is
RIGGED in your favor" ~ Rumi

Did you know life is RIGGED in your favor? Did you know that sometimes bad things happen IN ORDER to set you up for something better? Did you know that life is always working FOR you?



Life is going to be full of ups and downs, and both have meaning! Next time something happens that upsets you, hurts you, or lets you down, remind yourself that just maybe this is life's way of redirecting you to something BETTER!

Learn to trust life's plan. It will be full of twists and turns, but they're all here to make us better. If you can understand this, believe this, and live your life this way... life will be SO BEAUTIFUL!

Gratitude



1

2

3

I AM



Daily Challenge



- ☺ Do something kind.
- ☺ Do something brave.
- ☺ Keep God in your heart.

Morning Giggles



Why did the
tomato blush?

*Because it saw the
salad dressing!*

Who can I make SMILE today?



Parent Perspective

Give an example of when life threw you a curveball, but now, looking back, you can see how it ended up for the good!

It's always sunny above the clouds.

Have you ever been on a plane during a rainy, dark day, and as you break through the clouds, suddenly it's bright, clear, and sunny? It's almost magical. That's because it's always sunny above the clouds. The sun never goes away; sometimes the clouds just block our vision. This is a reminder that there will be dark days in life. For example, if a friend turns their back on you, a boy or girl says something mean to you, your parents are upset with something you did, these are SMALL moments in your great BIG life. It can feel so hard at the time, and we never make good decisions when our minds are cloudy.

When you're going through something challenging in life, stop, pause, and look up at the sky. Remind yourself that the sun is always shining, even when you can't see it. This, too, shall pass. The clouds will eventually move, and the sun will shine again. And so will you, my friend. It's always sunny above the clouds.



Gratitude



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I AM



Daily Challenge



- ☑ Do something kind.
- ☑ Do something brave.
- ☑ Keep God in your heart.

Morning Giggles



What did the hamburger name its baby girl?

guy

Who can I make SMILE today?



Parent perspective

Share a "this, too, shall pass" moment with your kids: a time in your life when you felt like there was a black cloud over your head but eventually the sun will shine again.

Your wounds make you a warrior.
They are scars to your beautiful.

Have you ever fallen off your bike? Cut yourself by accident? Had surgery? If so, you most likely have a scar somewhere on your body. When we're in the moment of pain, we can't think of anything else but the hurt. But as time goes on, our cuts, scrapes, and stitches start to heal. We move on, but our scars stay with us forever. They tell a story. Every scar you get in life will tell a story about a difficult experience you overcame.

There's a young girl named Gabriella who had a life-saving surgery on her skull when she was just two years old. She had 150 stitches, and although her hair grew back, a scar still runs from ear to ear and will forever be with her. Every time she puts her hair up and catches a small glimpse of it behind her ear, she'll remember that she overcame something very difficult. She's a survivor, and that's always worth remembering. Her wound makes her a warrior. The next time you hurt yourself, get stitches, or undergo surgery, remember that you will heal, you will earn a scar, and you will forever remember how strong you really are.



Gratitude



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- 2
- 3

I AM



Daily Challenge



- ☑ Do something kind.
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- ☑ Keep God in your heart.

Morning Giggles



Why was the math book always visiting the guidance counselor?

He had so many problems!

Who can I make SMILE today?



Parent perspective

Show your kids one of your scars and tell them what happened. Remember how painful it was at the time and how it has since healed. Ask them to show you one of their scars and share their story.



See me. Hear me.

One of the most powerful human needs is to simply be seen and heard. When that need isn't met, the feeling of loss can take over your life. This is why you're taught at a young age to treat others the way you want to be treated.



We're all born with an open mind and a kind heart. If you feel hatred toward others based on how they look, understand that's a learned behavior. Sometimes we need to unlearn things! It's so important to get to know people on a deeper level. Hear them, see them, accept them for who they are. Make friends with kids who don't look like you or share the same interests.

God made each and every one of us unique and different, and the worst thing you can do is judge someone without truly knowing who they are. It's normal and natural for you to observe differences. It's not normal and natural to show hate about those differences. Remember, if you judge others, expect to be judged yourself!

Gratitude



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- 2.....
- 3.....

I AM



Daily Challenge



- ☑ Do something kind.
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- ☑ Keep God in your heart.

Morning Giggles



Why did the students eat their homework?

The teacher said it was a piece of cake!

Who can I make SMILE today?



Parent perspective

Every kid wants to be seen and heard for who they are, even if they have interests or viewpoints that are different from yours.



"Be yourself; everyone else is already taken." ~ Oscar Wilde

Close your eyes for a second and picture the most beautiful garden you've ever seen. Go ahead, close them. In that garden, I'm sure you see tall flowers, short flowers, yellow ones, pink ones, blue ones, ones with thorns, ones with petals, some green, some full, some fragile, and so on. The point is, when they're all mixed together, they're beautiful! If every flower in the garden was the same, it wouldn't be as pretty. It'd actually be BORING! You were made exactly the way you're supposed to be. Sometimes we wish we were like someone else (taller, different hair, more athletic, smarter, and so on). Those are normal feelings at times, but it's also important to remember that others envy the goodness in YOU, too! It's our differences that make us special. The best thing you can do is accept you for you and know that your uniqueness is your SUPERPOWER, because no one can talk, walk, smile, laugh, or think like you can. Use that to serve the world and make it a better place. The world needs you!



Gratitude



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I AM



Daily Challenge



- ☺ Do something kind.
- ☺ Do something brave.
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Morning Giggles



What is faster, hot or cold?

Hot, because everyone catches a cold!

Who can I make SMILE today?



Parent perspective

Every once in a while, leave a note in your kiddo's lunch about what makes them unique and why you love that quality. On their birthdays, have everyone say one thing they LOVE about the birthday girl or boy, reminding them of their power and beauty!



Newton's third law.

Are you ready to get your smart on? Let's talk about Newton's third law of motion that states for every action, there's an equal and opposite reaction. This is similar to karma, meaning that whatever you do comes back to you. Maybe not right away, but eventually! It's super important to remember this law before you act in a mean way or say something potentially harmful. Before you speak or do, learn to pause and think about the consequences. If you have really good friends in your life, you've probably been a really good friend!

If you have angry people in your life, maybe you've been angry, too. It's important to remember that you attract certain people based on the energy you give out! Every morning, imagine a beautiful light surrounding your body. You want to shine that light so bright that everyone can see it. Then, they will feel your warmth and want to shine their light, too. And before you know it, you'll be surrounded by so much beauty!



Gratitude



- 1.....
- 2.....
- 3.....

I AM



Daily Challenge



- ☺ Do something kind.
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Morning Giggles



Why do bunnies never take good photos?

They always have a bad day!

Who can I make SMILE today?



Parent perspective

Teach kids the power of the pause. We often do things so quickly, without thinking, and the pause helps us be more mindful with our actions.



Just one degree.

It can be really overwhelming to change certain things in your life, but there's some good news! Change doesn't have to be a huge process. The best thing to do is first figure out what it is that you want to change. Maybe it's your messy room, your eating habits, going to bed too late, or not reading enough. Whatever it is, know that you CAN change it with time, patience, and understanding the "one degree" rule. Sometimes we want to make big, drastic changes but get so overwhelmed that we do nothing at all. Once you know what you want to change, think of it like an airplane. If you were on a plane about to take off from Boston heading to California, but the pilot turned the nose of the plane just one degree to the right, you would end up in Alaska! It was only turned one tiny degree, but after miles and miles in the air, it ended up in a completely different place! This same rule applies to whatever it is you want to change. If you read for just five extra minutes a day, that'll be an extra 30 hours of reading a year! You just need to make one small change and do that every single day, and over time you'll be in a totally different place! Maybe even Alaska with a moose!



Gratitude



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- 2.....
- 3.....

I AM



Daily Challenge



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Morning Giggles



What did the traffic light say to the car?

Don't look, I'm about to change!

Who can I make SMILE today?



Parent perspective

Pick something your kids want to change and then break it down into a smaller task (one degree). Show them how BIG of a difference it'll make over time!



"We have two ears and only one tongue in order that we may hear more and speak less." ~ Diogenes



Did you know that your ears NEVER stop growing? They grow throughout your entire life! Do you know why? Other than the science behind cartilage, it's because we always need to be listening.

Listening to others, listening to our heart, listening to life. Listening is a very important skill in understanding yourself and others. It's no coincidence that the word *ear* is in the words *hear* and *heart*. God created you this way so that you can live your life with love and compassion.

If you were to put your ears side by side, they'd form the shape of a heart! If you know how to listen well, you know how to love others and yourself better. A hearing heart is a beautiful thing.

Gratitude



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I AM



Daily Challenge



- ☑ Do something kind.
- ☑ Do something brave.
- ☑ Keep God in your heart.

Morning Giggles



Why do bees have sticky hair?

Because they use honeycombs!

Who can I make SMILE today?



Parent perspective

Take five minutes each night to have a heart to heart with your kids—a short time where you just simply listen with your whole heart.

Treat everyone with equal RESPECT.

We humans look very different on the outside, but beneath the skin we are all so similar. Our hearts, our lungs, our bones...they're almost identical! On the outside, we all have unique look, but if you look inside, we're incredibly similar.



Take two eggs, a brown one and white one. Although they're different colors on the outside, when you break them, you'll see there are no differences on the inside. This is important to remember if you're tempted to judge someone for the way they look. It doesn't matter where someone is from, what they look like, what they wear, what they do for a living, or what they believe in. It's so important to respect and love others for who they are.

The more you get to know someone, the quicker you'll realize we're all similar deep down. Imagine what the world would be like if we got past the differences and saw each other as all the same on the inside.

Gratitude



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- 3.....

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Daily Challenge



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Morning Giggles



What did the left eye say to the right eye??

Something between us smells!

Who can I make SMILE today?



Parent perspective

Challenge your child to meet someone who looks different than them and to always treat everyone with equal respect!

"Do one thing that scares you every day." ~ Eleanor Roosevelt

Have you ever heard the term *comfort zone*? It's this place where we don't challenge ourselves and tend to do what's easy. Our brains will always try to keep us comfortable and safe unless we break past the fear. Being comfortable doesn't help us grow or get better! At dinner tonight with your family, name some things that you'd like to try but maybe you're a little afraid to take that chance. Have your siblings or parents do the same thing! Then make a pledge to do one thing that's out of your comfort zone. For example, sit next to someone new at lunch, try a new sport, try a new food, learn a new instrument, touch a worm, sing in front of people—anything that makes your belly turn when you think about it. After you actually DO the challenge, reflect on how it made you feel. Proud? Surprised? You will VERY quickly learn that with time and practice, you can overcome ANY fear. Even if you tried that new thing and it didn't go well, the important part is that you TRIED. You can have courage or comfort but rarely both! You can overcome any fear when you learn to exit comfort zone territory! Believe in yourself, because you, my friend, can do hard things.



Gratitude



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- 2.....
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I AM



Daily
Challenge



- ☺ Do something kind.
- ☺ Do something brave.
- ☺ Keep God in your heart.

Morning
Giggles



Why did the
teddy bear say
no to dessert?

He was stuffed!

Who can I make SMILE today?



Parent perspective

Follow up with your kids about their challenges and encourage them to keep going even when they want to stay in their comfort zone jammies.

THE LENS through which you see the world.

Each person experiences the world from their own unique perspective. What does this mean? It means based on the town you live in, your religion, your home, your parents' beliefs, your culture, and so on, your perspective is unique to you.



If you were born in a different country or had different parents, you would do and see things differently! Everyone sees the world through their own lens (like your very own camera!). Learning to see and understand the world from someone else's lens is an important life skill. Everyone has something to offer, and your way of doing things isn't necessarily the only way.

Always be open to learning something new and discovering different ways of doing things. You'll quickly see the world has so much to offer!

Gratitude



- 1
- 2
- 3

I AM



Daily Challenge



- ☑ Do something kind.
- ☑ Do something brave.
- ☑ Keep God in your heart.

Morning Giggles



How do you stay warm in any room?

Go to the corner, it's always 90 degrees!

Who can I make SMILE today?



Parent perspective

Encourage your kids to meet friends that don't look like them. Talk to them about different cultures and research other countries to see a different view of the world!

You will never look good trying to make someone else look bad.

Bullying. Most people think that bullying is between just two people: the bully and the one getting bullied. But what about the bystander? A bystander is the person who witnesses the bullying. This person plays a powerful role, and you never know when you'll be in that position. This is where you have a chance to stick up for someone, and I recommend doing that as long as you stay safe. A way to do that is to simply walk up to the victim with confidence, turn them away from the bully, and walk away together. Report the bully—don't worry, this isn't tattling—so an adult can take over, and you can prevent another kid from becoming a victim. Bullying is dangerous. If you see it and do nothing, you become part of the problem and not the solution. It's important to understand that people bully because they are usually missing something in life. Maybe they don't live in a loving environment at home, don't have a strong group of supportive friends, or have really low self-esteem. You'll never find loving, confident people with a strong support system bullying others. Pray for the bullies, because they're usually the ones who need prayer the most.



Gratitude



1

2

3

I AM



Daily Challenge



- ☑ Do something kind.
- ☑ Do something brave.
- ☑ Keep God in your heart.

Morning Giggles



What do you call a bear with no teeth?

a gummy bear!

Who can I make SMILE today?



Parent perspective

Role-play different scenarios in which you help your kids confront bullies. Also, teach your kids the trick of telling a bully to stop talking because their breath stinks; it's the quickest way to quiet them and give them a taste of their own medicine.



YOU DID IT!

You made it through the full journal!

You have a new wealth of knowledge.

You have written more than 300 things for which you're grateful.

You have listed 100 positive statements about yourself.

You have learned
100 new silly jokes.

You challenged yourself
300 times.

You connected with
your parents/mentors
and heard their stories.

Your seed is sprouting.

Your seed is growing.

You are blooming into a
beautiful human.

Now it's time to go
spread your goodness to
others and be a light.

LOOK AT YOU NOW!

