

## Contentment NOVEMBER 2021



### SAY IT:

Contentment means learning to be okay with what you have.

### KNOW IT:

#### ASK A KID:

- What does it feel like to be okay with what you have? How would you act, think and behave if you were content? How would you act, think and behave if you were NOT content?
- Can you think of some people that you know who are content with what they have? Also, can you think of others who are discontented? How can you tell they are contented or filled with discontent?

#### ASK A GROWN UP:

- When is the last time you really wanted something you didn't have? How did that make you feel?
- Are there people that you have come across in your life who were content? What are characteristics of contented people? What are some characteristics of people who are not okay with what they have?

### SEE IT:

To be content is to learn to be okay with what you have. There are several things that contented people do regularly to remain okay with what they have. These include spending their money on experiences rather than things, spending more time outdoors, and exercising consistently. They also spend time with friends and family who are also okay with what they have and therefore content. *The Adventure Challenge Family Edition* is a book that challenges families to enjoy fun experiences together as a family. Examples include cooking together, playing baseball with fruit, going on an adventure in the backyard, etc. The challenges don't require anything elaborate or extra to do. Everything can be done with everyday items that can be found around the house.

### BE IT:

Select a few days this month to venture out as a family and do things together. For example, you could go on a picnic to your local park, hike some trails, pitch a tent in the backyard and camp out together, or simply get outside and walk the dogs together. Taking time to slow down and spend time together will be time well spent and will allow you to be content with what you already have.

# PHASE

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## Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of cooperation, for example, relate to getting along with siblings? Or prepare kids for college or a career?

**So don't miss it.** Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.