

**SAY IT:**

Joy is choosing to be happy even when things don't go your way.

**KNOW IT:**

ASK A KID:

- Talk about a time it was hard to choose joy because something bad happened.
- What things or people bring you joy?

ASK A GROWN UP:

- *What might happen if we don't choose joy?*
- *When was the last time you were really joyful?*

**SEE IT:**

Do a Google image search of happy animals (trust us, you'll have joy after seeing those faces!). Pick your favorite and print it out to hang on your fridge or make it your device's wallpaper. Whenever you're feeling down this month, check out your happy animal picture and remember that you can choose to have joy..

**BE IT:**

Have a dance party! Put some happy songs on and bust a move. It's hard not to choose joy when you are dancing. Some suggestions:

- "Walking on Sunshine" by Katrina and the Waves
- "Happy" by Pharrell
- "Good Vibrations" by the Beach Boys

Kids and parents can watch this fun SHOW on JOY, choosing to be happy even when things don't go your way. Click the PHOTO below to watch the show!

