



Golden Gate Kids January Newsletter

"If you expect others to make you happy, you will always be disappointed. Being responsible means not blaming others for your unhappiness." Thomas Oppong from "*Happiness is Being Responsible For Your Own Experience*"

This month, students are going to begin learning about Pledge #4...

I am in charge of my own happiness!

Many people wait for something to happen or someone else to make them happy. However, you are responsible for your own life experiences. We need to figure out ways to be happy no matter what others are doing and other outside influences.

PARENT/GUARDIAN CHALLENGE:

This month, we challenge each of you to sit with your child/children and make a list of all the things that make you and them happy. Then, think of ideas of things you can do to feel happier when you are sad or upset. When people are unhappy, they sometimes experience something difficult that changes their mindset. In these moments, you need to remember how you should react to stay happy and calm. No one can make you happy and you cannot make someone else happy. Instead of looking for happiness in an external factor, focus on how you can find your own happiness. When you rely on others to make you happy, you are dependent on them and when it leaves, you'll feel empty. Drop the negative in your life and focus on things that bring you joy!

