



## Golden Gate Kids January Newsletter

“Happiness can’t be bought. Yet, if we could, everyone in the world would line up to buy it.”

Sean Kim- *10 Scientifically Proven Ways to Make Yourself Happier*

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

### **I am in charge of my own happiness!**

Students will learn that they are the ones who are in charge of their own happiness. Individually, we are the ones that decide if we will be happy. Here are some ways that are proven to make you happier:

1. Spend time with your loved ones
2. Start a task you’ve been putting off
3. Learn something new
4. Meditate
5. Get moving
6. Sleep more
7. Give back
8. Travel
9. Put down your phone
10. Find your “flow”

### PARENT/GUARDIAN CHALLENGE:

This month, we challenge each of you to sit with your child/children and make goals on how you will work towards happiness this year. Make a journal to log things that make you happy each day!

