

May: Contentment—Deciding to be happy with what you've got

SAY IT: We are so sad this is our last Big Idea for the year! But we are learning together to decide to be happy anyway. Because even though we will be apart all summer, we hope this Big Idea is one that sticks, not only until next year, but for the rest of our lives!

So carve out a little time this week to help us talk with your child about contentment. In keeping with the theme of this month's value, you've got exactly what you need to do this last SAY IT activity: your voice! Whether you are at home, in the car or waiting at a restaurant, this is a great way to practice this month's value and definition.

Gather your family together and get a little silly acting out these funny ways of saying the value and definition:

- 1: **SAY IT** like a Musical Theatre Actor
- 2: **SAY IT** like a WWF Wrestler
- 3: **SAY IT** like a Dramatic Actor
- 4: **SAY IT** like a Ballerina
- 5: **SAY IT** like an Opera Performer

KNOW IT: Dig a little deeper this week with these discussion starters about contentment:

- Do you think the chance to win a lifetime supply of chocolate (or your favorite treat) would make you content, or would you still be tempted by other treats, too?
- Why do we want what others have?
- What does it mean to "choose" contentment? How is it a choice?
- Have you ever tried to get as much as you could get of something because you were scared it would be gone later? What does that have to do with contentment?
- How can we find a balance in being wise with our money and planning for our futures, but not becoming greedy?
- How do you know that someone is content?
- Why is it hard in today's world to be content?

SEE IT: Now that you know what we say contentment means, and you know what contentment means to you, read about this classic movie and SEE what contentment means to the characters in it:

In *Willy Wonka & the Chocolate Factory*, poor Charlie Bucket's luck turns when he finds one of the five golden tickets hidden in Wonka Bars—earning him a tour inside the typically closed-to-the-public Wonka candy factory. One by one, all of the children on the tour give in to temptation to eat candy they're not supposed to eat, losing their chance at the grand prize of a lifetime supply of chocolate. (However, Charlie does regain the trust of Wonka eventually, leading to an even bigger reward at the end of the movie!)

Schedule a family movie night this week to SEE just how each character struggles with contentment in the movie *Willy Wonka & the Chocolate Factory*.

BE IT: Contentment is all about being happy. And who doesn't want to be happy? All you have to do is decide to be happy with what you've got. Because whether you have it all, don't realize you have it all, or think you have nothing at all, you can be content!

Take this simple recipe for peanut butter cookies for example. I bet you didn't realize you already have all the ingredients it takes to make cookies... today. That's right, no grocery lists, no trips to the store, no begging your parents—you can be happy with what you've got right in your very own pantry!

INGREDIENTS

- 1 cup peanut butter
- 1 cup sugar
- 1 egg
- 2 teaspoons baking soda

HOW TO

- Mix together all ingredients until well combined.
- Place a spoonful of dough on cookie sheets and flatten just a little bit.
- Bake at 375 for about 9-10 minutes.