



“**Life** is not measured by the breaths you take, but by the **moments** that take your **breath** away.”

~ unknown

The Value of Joy

ONCE A DAY... conversation starters

Spend time together talking about what matters most. Transform the dinner table into the place where you have fun and memorable conversations that give everyone a sense of belonging.

The Value of Joy

What does joy feel like?

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The Value of Joy

Are people naturally joyful, or is it something you learn?

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The Value of Joy

What are things in your life that are joyful?

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What time of day is most joyful to you and why?

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ONCE A WEEK... family fun night

Stop all the hustle and bustle and do something fun together. Put family first by setting aside a day and time to just have fun: monopoly, bowling, hiking, a craft or cooking project.

Joy Competition

Family Fun night is the perfect night to have a Joy Competition together. Here is how it works: Sit in a circle, facing each other and take turns saying something that makes you joyful. Start with the youngest member of the family and work your way to the oldest. Each time you go around the circle throw in a new topic that gives you joy: food, activities, sports, drinks, cars, seasons, you name it. What fun it will be where every competes to be joyful by sharing things that bring joy.

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Thank you for being super special

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ONCE A MONTH... treasured traditions

Share a simple family tradition. Many of our favorite childhood memories revolve around family holidays and vacations that we have repeated over and over again. Good smells, good feelings, good times. Family traditions are the building blocks of strong caring happy families because they create the memories that connect us forever.

Mother's Day Treasure Hunt

Start a new tradition this year by setting up a treasure hunt for Mom on Mother's Day. Have her go through every room of the house by leaving clues that lead her to the next room. The final room could be the living room where you have a basket filled with sweet notes and reasons why you love her. Make paper flowers and write loving notes on the petals. Give her coupons of things you will do for her such as do the dishes or give her a back massage. You will love getting ready every year for this tradition that honors mom.

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ONCE A YEAR... the family story

Create a legacy of love to pass onto future generations. Dedicate one day a year to developing your own family’s story. Write letters to your children. Ask older members of the family to share (write or record) their favorite life stories. Collect precious handprints or fill in a family recipe album. Make a family tree or a family album together as you reminisce over good times.

Use the “Mom Brings Me Joy By...” cards below for family members to record the joy that Mom brings into their lives. Scatter them around the Mother’s Day breakfast tray. Then collect these precious mementos, and place them, along with a photo of Mom, in a Mother’s Day book. What a wonderful family story....all about mom!

Mom Brings Me Joy By...

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ONCE IN A WHILE... gifts of love

Surprise someone you care about with a gesture of love. It doesn't take much to touch someone's heart, especially when it is unexpected. Leave love notes under a pillow, in a lunch box or taped to the steering wheel. Do a chore without being asked. Take the time to really listen and understand. True gifts of love come in all shapes and sizes.

Print out the little “I Love You, Mom!” cards below and leave them all around during the month for Mom to find. In her purse, by the bathroom sink, on the dashboard of her car. When mom asks who left the cards, just smile and leave her smiling as well! Little gifts of love can really go a long way, so have fun directing those little love notes to mom this May!

I Love
Mom!

I Love
Mom!

I Love
Mom!

I Love
Mom!