

[View this email in your browser](#)



There's nothing many of us want more than for our children to be happy. However, life is full of challenges and it's impossible to always feel joyful! While we know it's not typical to be happy all the time, it can be helpful to create teachable moments around happiness and positivity that match your family's needs.

Teaching children how to create their own happiness is a skill with many lifelong benefits, including:

- Strengthening the immune system
- Lowering blood pressure
- Improving sleep
- Boosting educational outcomes
- Increasing life span



[How to teach your child the art of happiness](#)

Even though how we feel often depends on daily circumstances, there are practices we can try to grow our happiness. Here are four ways you can build a foundation of positivity for your children:



1. Social support. One of the most important components of resilience (the ability to bounce back from tough situations) is social support. In other words, having a caring group of friends and family can help us get through the hardest moments. Helping our kids build positive friend groups and strong family connections is a great way to create happiness.

Encourage children to find time in their daily lives to reach out, spend time with and share their thoughts and feelings with people in their life. Want to add extra credit? Doing something for the people in our lives increases happiness and feelings of purpose!



2. Fun activities. Doing activities that we find fun and fulfilling – even if only for a few minutes a day – can increase our happiness. They also can help distract us from worrying or negative thoughts when we’re going through hard times. Encourage your child to find hobbies that help them feel accomplished, joyful or relaxed.

Examples include creative activities such as arts and crafts, physical activities like dancing or playing a sport, or relaxation exercises like mindfulness or yoga. Make these activities part of your daily family schedule to help your child create positive habits.

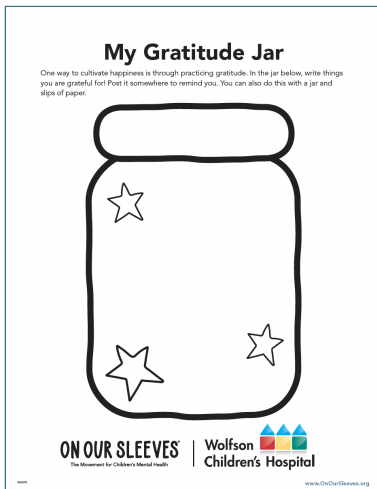


3. Healthy routines. Our mood depends a lot on physical health. Create family routines that prioritize sleep, body movement and healthy foods, when possible. Remember, kids learn from watching us, so model these behaviors yourself and make all changes as a family.



4. Practice gratitude. Sometimes, we spend a lot of time thinking about hard moments and stressors. We have to remember to also give ourselves time to **think about the positive things** in our lives. Being thankful for what you have at any given moment is an important element of happiness.

Spend just a few minutes a day with your children sharing what each of you is grateful for.



Download our **Gratitude Jar activity** (available in **English** and **Spanish**) to help you and your family work on this important practice. Share what you're grateful for on social media, using **#OnOurSleevesJax** and **#OnOurSleeves** so we can see!

Don't forget to share how you're using *On Our Sleeves* resources! Hit the reply button to tell us your *On Our Sleeves* story.

Sincerely,
Wolfson Children's Hospital

The mission of *On Our Sleeves* is to provide every community in America access to free, evidence-informed educational resources necessary for breaking stigmas about child mental health and educating families and advocates. For more information, visit [OnOurSleeves.org](https://www.onoursleeves.org).

To access educational resources and revisit the mission of *On Our Sleeves*, visit [wolfsonchildrens.com/onoursleeves](https://www.wolfsonchildrens.com/onoursleeves).

Wolfson Children's *On Our Sleeves* is made possible by the J. Wayne and Delores Barr Weaver Legacy Endowment at Baptist Health and Robert and Margaret Hill.



Copyright © 2022 Wolfson Children's Hospital, All rights reserved.

Our mailing address is:

800 Prudential Drive
Jacksonville, FL 32207

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).