

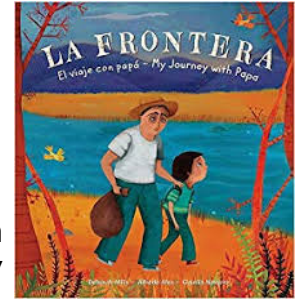


**YMCA Project Cornerstone Summer Fun:  
Los Dichos**  
**An 8-week adventure in reading, games, and  
family fun!**

**Week 5 — La Frontera: A Journey with Dad**

By Deborah Mills & Alfredo de Alva

**"Love conquers all."**



**Book synopsis:**

This book tells us the story of the journey of a kid and his father in search for a better reality. The kid's positive attitude and the love of his family are felt throughout the pages of this touching story.

**Book Narration Video:** <https://www.youtube.com/watch?v=K3rU10OamXc>

**This Week's Activities**

**Monday**

Article and activity

- Read the article called Happiness Jar in the page attached. Now invite your family to write down a good thing that has happened to each of you every day. Ask them to put in their note inside the Family Happiness Jar. At the end of the week, take a few notes out of the jar, read them out loud and remember the good experiences you had throughout the week. You can actually do this activity all summer long.

**Tuesday**

Cartoon

- A positive attitude. Is it inherited or learned? Watch "The Present" [here](#) Answer the following questions:
  - What was the real present the kid got?
  - How would you feel if you were in his place?
  - How can a positive attitude make such a difference in the way you live?

**Wednesday**

Video and game

- Learn more about Mexico in this [video](#)
  - Share in our [Facebook](#) page one or two new things you didn't know about the country of La Frontera's main character.

**Thursday**

Photo

- In the Bay Area there are many people from around the world. They have enriched our society by coming here. What are some of the customs, words, food or holidays that your family has? Share a photo of one of these things.

**Friday**

Family Movie Night

- Watch the movie "Inside Out" by Pixar. Share with your family the importance of every emotion we experience.

# **The Jar of Happiness: A Tool to Develop Positive Thinking in Children**

## ***How to teach children to think positively and solve their problems***

Estefanía Esteban, Journalist  
June 15, 2018

Thinking positive is not always easy. The tests, the obstacles ... One day everything goes wrong ... However, numerous studies have shown that even in those days, a positive attitude can change an adverse situation.

That is why it is important to teach children to develop positive thinking, since it will also help them face and face problems in a different way, with more strength and courage. You can use, for example, this little game: the jar of happiness to develop positive thinking in children.

### **3 reasons for you to use the happiness bottle technique with your children**

An optimist ... is born or made? It is true that there are children with a more uninhibited attitude towards problems and children who immediately worry about the most trivial things. Yes, but it is also true that positivism is educated. And it is not about turning your back on reality, but rather learning to face problems and reality that we do not like from optimism, that is, with the conviction that what we do not like or can fix or, if it has no solution, existence must not embitter us.

Do you know how you can help your child develop that positive attitude towards life from a young age? Play this little game, created by the philosopher Elsa Punset: the jar of happiness. Do you know what it consists of ?:

1. It is an ideal technique to do as a family. Both you and your children will choose a large glass jar. It will be the jar of happiness. You can write it with a marker and place it in a visible place in the house.
2. Every day, everyone, parents and children, will have to write the best thing that happened to each one during that day and write it down on a piece of paper. They can be simple things. A kind word, a smile or an exam that came out better than expected ... When you write it, it will be engraved in the brain even if you don't realize it. The paper is folded and put into the bottle.
3. At approximately 6 months, or when the bottle of happiness is full, the papers are taken out and all the positive messages are read as a family.

### **5 benefits of the happiness jar technique**

We know that the brain is learning through 'proof', 'error' and 'success'. And there are two different attitudes towards this: one is defeatist. Another positive thing. It has been shown that a positive attitude can transform something negative into a possibility of change. That is, through positive thinking, problems can be turned into opportunities.

Thanks to this technique of the bottle of happiness, you will get:

- Your child will learn to reflect on the good things that happen to him throughout the day.
- Your child will learn to appreciate those little details that often go unnoticed. Every time your child writes something nice that happened to her, she will remember it. The brain remembers negative things earlier because anguish makes us spin it over and over again. Positive things go unnoticed. However, when they are written and re-read shortly after, they will remain fixed in the memory.
- Your child will learn to tell small problems from really important ones.
- You will teach your child to be grateful.
- It will improve communication within the family