



november 2021

Being happy with what you have is a choice, and sometimes a difficult one! But as our kids are developing the ability to know the difference between need and want and cause and effect, this is the perfect time to spend time on practicing the Big Idea of...

## **CONTENTMENT:**

*Learning to be okay with what you have.*

## Contentment NOVEMBER 2021



### SAY IT:

Contentment means learning to be okay with what you have.

### KNOW IT:

#### ASK A KID:

- What does it feel like to be okay with what you have? How would you act, think and behave if you were content? How would you act, think and behave if you were NOT content?
- Can you think of some people that you know who are content with what they have? Also, can you think of others who are discontented? How can you tell they are contented or filled with discontent?

#### ASK A GROWN UP:

- When is the last time you really wanted something you didn't have? How did that make you feel?
- Are there people that you have come across in your life who were content? What are characteristics of contented people? What are some characteristics of people who are not okay with what they have?

### SEE IT:

To be content is to learn to be okay with what you have. There are several things that contented people do regularly to remain okay with what they have. These include spending their money on experiences rather than things, spending more time outdoors, and exercising consistently. They also spend time with friends and family who are also okay with what they have and therefore content. *The Adventure Challenge Family Edition* is a book that challenges families to enjoy fun experiences together as a family. Examples include cooking together, playing baseball with fruit, going on an adventure in the backyard, etc. The challenges don't require anything elaborate or extra to do. Everything can be done with everyday items that can be found around the house.

### BE IT:

Select a few days this month to venture out as a family and do things together. For example, you could go on a picnic to your local park, hike some trails, pitch a tent in the backyard and camp out together, or simply get outside and walk the dogs together. Taking time to slow down and spend time together will be time well spent and will allow you to be content with what you already have.

# PHASE

Contentment  
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## Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of cooperation, for example, relate to getting along with siblings? Or prepare kids for college or a career?

**So don't miss it.** Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.

# november 2021

CONTENTMENT // KOALA // AMBER

**Koalas, which are marsupials** (not bears), live low-key lives in eucalypt forests in eastern and southeastern Australia. They weigh up to 20 pounds and spend their days eating and sleeping.

Marsupials are mammals whose young, after birth, develop in the safety of their mother's pouch. Kangaroos, wallabies, wombats, possums, and Tasmanian devils are also marsupials, along with a few others. All their babies are called "joeys."

A newborn koala is only the size of a jelly bean. It stays in its mother's pouch for six to seven months. It will then hang around in her home range until it is one to three years old before leaving to claim its own home-sweet-home in the trees.

Koalas do need their space. Their home range includes several trees called "home trees." These likely overlap with other koalas' ranges,

but koalas don't typically visit their neighbors. They might look cuddly, but they like to keep to themselves.

They also keep off the ground and up in trees most of the time, where it's safer. Powerful arms, two opposable thumbs on each hand, and claws for gripping bark help them climb. Their super thick fur protects them from temperature extremes.

An adult koala eats a pound or two of gum tree leaves each night. These leaves are toxic to most other mammals. They have fiber and provide most of the water koalas need, but digesting them takes a lot of energy. That's why koalas sleep 18 to 20 hours a day. They love their naps.

**CONTENTMENT:** *Learning to be okay with what you have*

**A koala finds almost everything it needs, from a home to food, in eucalypt trees.**



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CONTENTMENT // KOALA // AMBER

An organic gemstone, true amber is ancient. Amber is actually fossilized tree resin, and specimens with preserved insects “frozen” inside can be hundreds of millions of years old! Ancient Egyptians used amber, a natural preservative, in embalming, and ancient Greeks associated it with light from the sun. On the color wheel, amber is halfway between yellow and orange, first used as a color name in 1500. The color is associated with feelings of confidence, safety, and wealth.

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