

START THE NEW YEAR WITH YOUR GLASS HALF FULL

Dear Parents & Caregivers, Did you make New Year's resolutions for 2021? Here's one to add to your list that complements what your child has been learning at school: Make a family resolution to emphasize the positive and see your glass as half full, even when times are challenging.

You could start by watching *Glass Half Full News*, a kid-staffed online series that serves up a freshly positive perspective on local doings—like an information smoothie, blending a dash of optimism and a spoonful of imagination with a glass of milk. Your child has recently watched some of these fun, playful news reports and completed activities inspired by the series, learning to focus on what's good and find things to be grateful for. As a family, try these ideas to spread the positivity.

NEW YEAR, NEW ACTIVITIES

- Choose an episode of *Glass Half Full News* (ghfnews.com) to watch together. Then take turns talking about one "newsworthy" real-life event that you each would add to the news series. Don't forget to include small and silly things! For example:
 - Maybe your dog smells like strawberries and vanilla after a bath.
 - Maybe someone baked cookies shaped like flowers or snow people.
 - Maybe two family members had a dance contest and collapsed on the floor because they couldn't stop giggling.
- Create a "Family Glass Full of Goodness" by drawing a big, empty glass on a large piece of drawing paper. Cut out the glass shape and post it on your refrigerator. Then fill the glass with good things, including pictures, poems, quotes, stickers, song lyrics, and gratitude-inspiring words and phrases.
- Play the "Glass Half Full Game" around the breakfast or dinner table by having each person take a turn to say something positive, fun, or gratitude-filled about the person who came before them. Challenge: See if each person can remember and recite the positive things said about all the people who preceded them! This could be done within a household and/or remotely via video conferencing.
- Have your children interview the adults in your family to discover something they find positive and inspiring. Then turn the tables and have the adults interview the kids! Record your interviews to share with extended family members outside your household.
- Guide your child in watching the news or reading news articles together. Find articles that focus on the positive and discuss how these stories make you feel. Also select some stories that may represent glass half empty scenarios and talk about how you might take a glass half full approach to the story.
- Share your day's events as a "glass half full report." At the dinner table or while doing errands or chores, have your child describe their day using a glass half full approach only, and then do the same to reinforce positivity.



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As a family, check out *Glass Half Full News* at ghfnews.com.
See how kids can put a spin on the ordinary to see the positive!