

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" thing that's played a positive part in your life in the last week. Don't forget to include small and silly things! For example:
 - Maybe the family finally finished a puzzle that took a few days (or weeks) longer than expected.
 - Maybe the cat ate some catnip and then blissfully rolled around on a blanket for hours.
 - Maybe there was a huge, bright full moon that lit up the whole sky.
- 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, stickers, and gratitude-inspiring words and phrases.
- Play the "Glass Half Full Game" around the breakfast table by having each person take a turn to say something positive, fun, or gratitude-filled about the person who came before 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 things 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 home.



- Play the "A Is for Awesome" gratitude game whenever two or more family members are together to fill the time. Take turns going through the letters of the alphabet and coming up with good, funny, uplifting, or inspiring words or phrases that start with each letter. For example:
 - "A" is for "awesome"
 - "B" is for "busy"
 - "C" is for "caring"

No need to go through the whole alphabet at once—keep track of where you leave off and start with that letter when you begin the game again!



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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!