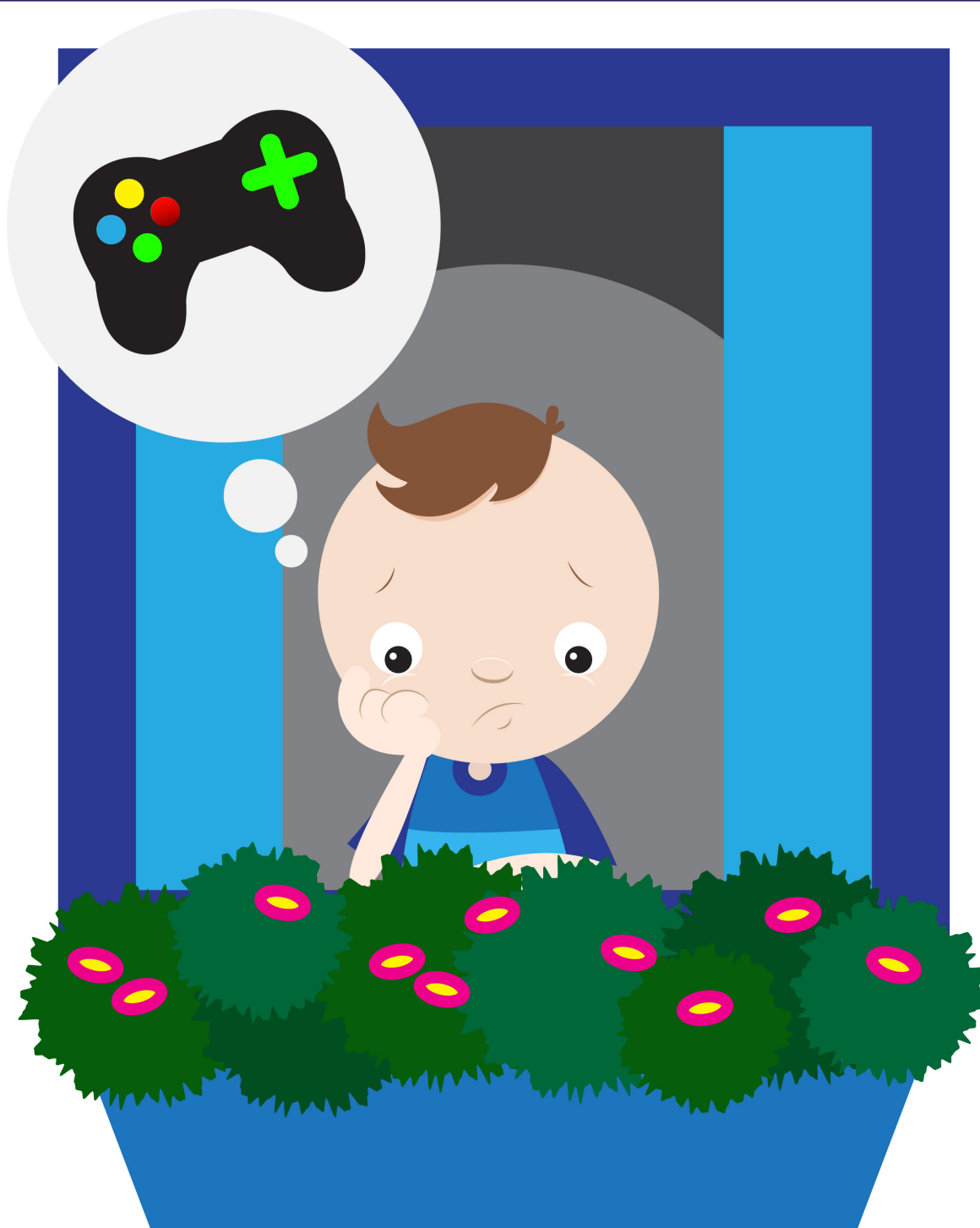


HAPPINESS ON SAD DAYS?

Today was a “no electronics” day. That meant no TV and no games on the computer or iPad. Ryan threw his hands up in the air and groaned. “It’s no fun when we don’t get to play Minecraft!”

“This is why I wanted you to have a day without computer games,” said Mother. “I wanted to show you that there is a great life outside of the computer games you play. There are so many other things that you can do that will give you that feeling of happiness.”





"Like what?" demanded Ryan.

"If I told you exactly what to do, you will not have learned to look for other ways to be happy," said Mother. "Being happy no matter what your circumstances is a skill you can learn."

"But all I can think about is how I'm not playing computer games—and I know I'd for sure be happy if only I could play."

"What if you were living 100 years ago, when computer games weren't invented yet? What would you do for fun?"



Ryan thought about stories he had read. "I'd probably go outside and find something to do or someone to play with. Maybe build a fort or..." Ryan stopped as he realized he had an idea of what he could do.

Things don't have to always go your way for you to be happy. You can be happy no matter what if you will look for all the great opportunities that you do have and focus on that. Instead of focusing on what is not going your way, focus on the good.

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