

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: HAVE A MOVIE NIGHT!



*Do you need a fun break where you have time to reflect? Watch a movie that you're grateful for!*

*"When life gets you down, you know what you gotta do? Just keep swimming."  
- Dory from Finding Nemo*

*With the current social tension, it is common to feel uneasy or stressed. It is important to often bring your mind back to the things you do have! Dory's character always focused on being positive and finding gratitude when the situations were not the best. Being grateful doesn't only have to happen on holidays. You can learn to practice gratitude everyday. When we experience stress and other negative things in our lives, it's helpful to focus on positive things, such as eating our favorite meals and enjoying our favorite activities. Focusing on the positive can really help improve our quality of life. Practice gratitude today by having a movie night!*

### Practice Gratitude Today:



1. THINK ABOUT A MOVIE THAT YOU'RE GRATEFUL FOR, WHETHER IT'S NOSTALGIC OR REALLY MAKES YOU LAUGH.
2. SET ASIDE ONE NIGHT THAT YOU CAN WATCH THIS MOVIE.
3. WATCH THE MOVIE ALONE WITH LOVED ONES YOU LIVE WITH, OR VIRTUALLY.
4. AFTER WATCHING THE MOVIE, THINK ABOUT OR DISCUSS WITH LOVED ONES WHY YOU ARE GRATEFUL FOR THE MOVIE.



### Parent Practice Tip:

**Ask your child(ren) what their favorite movies are and why? If possible, have a movie night with one off their list! After the movie, talk about how we can be grateful for things like our favorite movies and getting to watch them with people we love.**

### To Learn More:

**Practicing Gratitude**  
**Read Along of Finding Nemo**

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)