

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #25: TRY SOMETHING NEW



Mr. Thomas was feeling blue. He was staying home in his nest atop the highest tree in the garden and practicing social distancing as he should but being cooped up was hard for the hummingbird who was used to exploring the garden daily. Then Mr. Thomas realised something, this time at home could be an opportunity!

He digs in the back of his nest and with one big pull, extracts a pair of knitting needles. He'd received them for his birthday three months ago but had never used them because he didn't know how to knit. Mr. Thomas pulls out a ball of yarn as well as a book of instructions and begins learning how to knit. Though he wasn't able to go outside he was still able to learn something new and who knows, by the end of the month maybe he'd have a blanket to gift to Ms. Alicia the rabbit for her birthday!

Practice Courage Today:



1. IS THERE SOMETHING THAT YOU'VE ALWAYS WANTED TO LEARN BUT NEVER TOOK THE TIME TO START?
2. THINK OF SOMETHING THAT YOU CAN DO OR LEARN HOW TO DO, LIKE COOKING, OR BAKING, OR MAYBE PLAYING AN INSTRUMENT?
3. WITH THIS ACTIVITY IN MIND SEARCH THROUGH YOUTUBE OR THROUGH GOOGLE FOR INSTRUCTIONS ON HOW-TOS OR CONNECT WITH A FRIEND OR FAMILY MEMBER WHO HAS SOME EXPERIENCE IN IT.
4. TAKE A LITTLE TIME EACH DAY TO LEARN MORE ABOUT THIS ACTIVITY OR TO ACTUALLY DO IT.

Parent Practice Tip:

Try doing something new with your kids each day or a couple times a week. This doesn't have to be anything extravagant, it can be as simple as making a pillow fort or trying a new show.

To Learn More:

WHAT IS COURAGE?

HAVE COURAGE AND BE FEARLESS

20 FUN ACTIVITIES

www.ChooseLoveToThrive.org