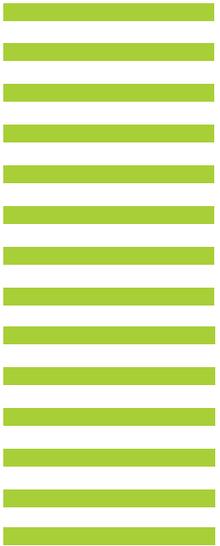


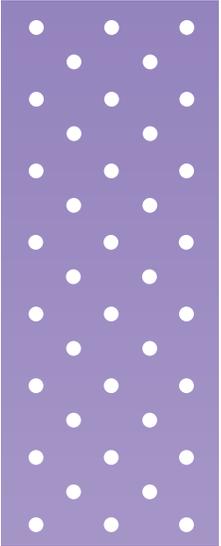
JOY Competition



www.10minuteparent.com



Joy Competition



name

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JOY Competition

Start a very simple family tradition that can help everyone develop a more positive outlook on life. Make mealtime, when you are all together, a time to share the best part of your day. Take turns and really listen. This simple ritual expresses a lot about who we are and what makes us happy. Use the Joy Competition Chart to stimulate some healthy competition. Anyone who shares their “three good things that happened today” earns a check on the chart. This is a game where everyone wins. Select your rewards together, so that your kids will be more engaged. Anyone who completes a certain number of “JOY” boxes during the month will be rewarded with a treat. You can also plan a special activity/gift/treat for the whole family if everyone completes all 30 days.

Many families turn this month-long competition into a dinner or bedtime ritual they enjoy all year long. This is a wonderful way to cultivate a positive attitude toward life and an easy way to connect and learn about what’s going on in each other’s lives.

Instructions

MATERIALS NEEDED: You’ll need paper that is heavier-than-normal weight for printing. Staples has a great Professional Business paper by HP that is 48 lbs and prints beautiful colours on most home printers. You’ll also need scissors and a glue stick.



1. Cut out the 7 pieces for the JOY competition fold-out. There will be two pieces with three squares of artwork, one piece with two squares of artwork, and 4 individual squares (all with green frames).

2. Glue the end of the section that starts with #7 over the blank flap of the section that ends with #6. Don’t cover the dotted grey line. It should remain visible to make folding easier.

3. Glue the end of the section that starts with #25 over the blank flap of the section that ends with #24. Don’t cover the dotted grey line. It should remain visible to make folding easier.

4. Fold and crease the two ends that say JOY Competition and three GOOD things. Cover these ends with glue and glue them to the blank inside, being careful to line up the edges.

5. Fold and firmly crease the six-panel fold-out in accordion fashion to look like the one in image 5.

6. Glue the 4 individual squares onto the blank side in the sequence you see in the photo below of the 3 green squares. The photo is in the middle of the two squares with text. The name/rewards square is on the right. When finished the front says Joy Competition and the back says three GOOD things.

7. Place the completed, and accordion-style folded, mini-tool under a heavy book for a couple of hours to flatten.

