



Happy and sad will certainly come and go in our lives – but being aware of what gives us joy will keep us moving forward when we're having one of those alarm-hitting, bus-missing, backpack-forgetting kind of days. This month, let's talk about joy – about what keeps us afloat when things seem like they might never go our way. What does your family do to seek joy?

JOY:

Finding a way to be happy, even when things don't go your way