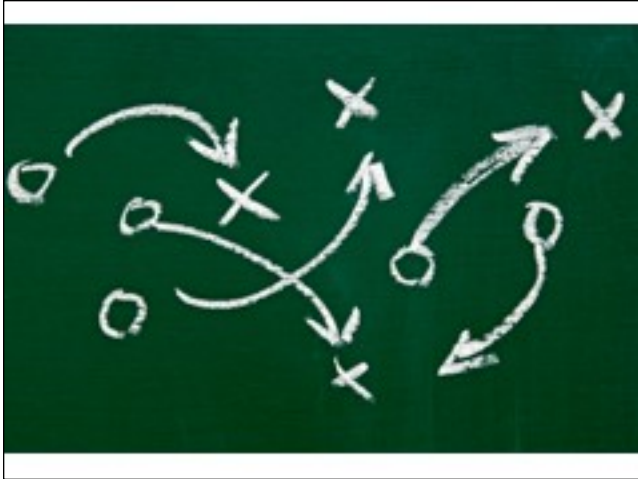


Raising Happiness:

Simple Steps for More Joyful Kids
and Happier Parents

www.christinecarson.com



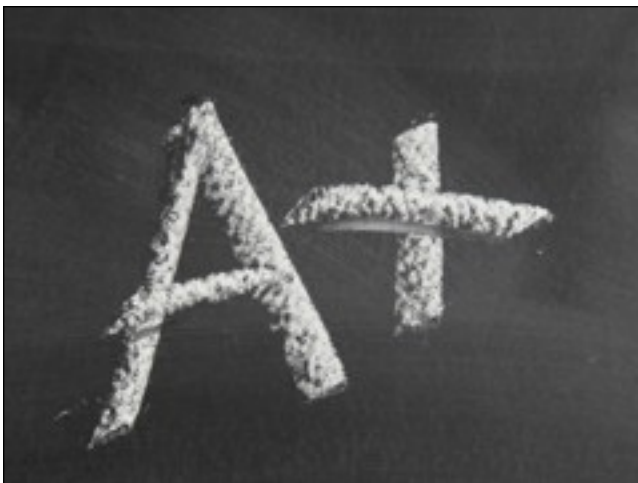
the kids
are **not** alright



30%

40%

17%



skills & achievements



success



happy, fulfilling life

does the
formula work?

what REALLY leads to success
(and happiness):

gratitude

optimism

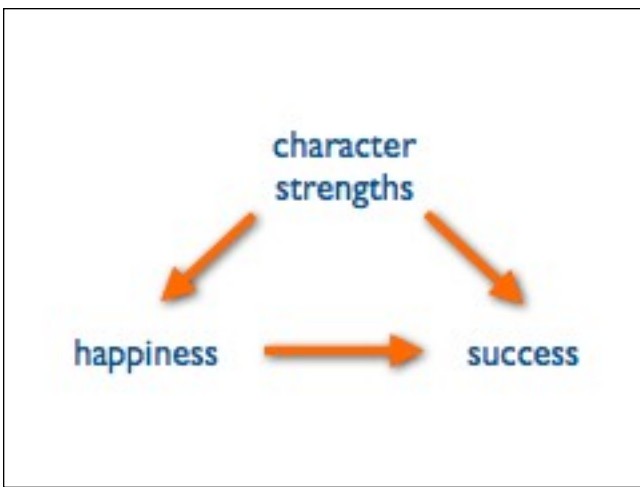
social intelligence

curiosity

grit

self-control

zest



The good news:
happiness is a **SKILL**
character is malleable

1.
Let kids fail.
*(Or at least struggle.
Or at least make mistakes!)*



to succeed in the
face of difficulty,
kids need **grit**

2 core beliefs of gritty people:

- 1) **success** comes from practice
- 2) **mistakes** are opportunities to grow
rather than hide





The Monkey Business Illusion

Daniel J. Simons





3.
**Reduce
stress
through
compassion**

make **kindness** a central
theme in their lives



**3. Got water bottles for CDA gardners
& Traffic Policemen.**





Learn more!

happiness tips & online CEUs
www.christinecarter.com

check out *Greater Good*
www.greatergoodscience.org

slides from this presentation
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