

## March: Hope – Believing that something good can come out of something bad

**SAY IT:** This week, we introduced a new Big Idea that not only can turn a gloomy kid into a cheerful one, but is also important for parents, too! And to help you remember this simple value and its definition, all you need is a sharpie and a bag of balloons.

To start off, grab eleven balloons and work together as a family to blow them all up and tie them off. Then, write one word per balloon: “Hope, believing, that, something, good, can, come, out, of, something, bad”. As a family, arrange the words in the correct order and each take a turn saying the definition out loud. When everyone has said the full definition, take turns popping one balloon at a time. Each time a balloon is popped, one member of the family has to recite the value and its definition, despite the missing word! Pay attention, it gets harder and harder! Feel free to play as many times as you have balloons!

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**KNOW IT:** Dig a little deeper this week with these discussion starters about hope:

- Have you ever gone through something bad that in the end resulted in something good?
- How did you feel while you were going through the bad times?
- How does reflecting on the good that came from the bad give you hope in other situations?
- How can you encourage others to stay hopeful when things seem bad?
- If you believe that good things can come from bad, how does it help you handle the bad times?

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**SEE IT:** Now that you know what we say hope means, and you know what hope means to you, read below to SEE another example of something good coming out of something really bad:

When you think of manure, you probably crinkle your nose imagining the smell. Let’s be honest: poop is gross, right? But did you know that manure makes the best fertilizer? Long before there were store shelves full of products to make your tomatoes big and juicy and your flowers bright and beautiful, farmers were using their animals for more than just pulling their plows. Now that takes a lot of hope!

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**BE IT:** Have you ever heard the phrase: when life gives you lemons, make lemonade? Or when life gives you sour apples, make apple pie? Or when life gives you moldy cheese, scrape off the bad parts and make a cheese-burger? Alright, alright, those last two are made up. But you get the point! It’s all about having hope and making something good come out of something bad.

This week, get the family together and make some fresh lemonade to enjoy outside on a warm spring day.

### Ingredients

- 1 cup sugar
- 1 cup water
- 1 cup lemon juice
- 3-4 cups cold water

### How To:

As always when cooking, ask an adult to supervise. Mix one cup of sugar with one cup of water in a small saucepan and heat until the sugar is dissolved. Allow the syrup to cool to room temperature. Pour the syrup mixture into a pitcher and add one cup of lemon juice. Mix together. Then dilute the mixture with 3-4 cups of cold water, depending on your preference. Let your lemonade chill in the refrigerator for at least 30 minutes. Add ice and sliced lemons. Serve and enjoy!