



# Day 26

**Journal Prompt:** Do you think telling the truth is always right, even if it hurts someone's feelings? Explain.



### Activity 1:

Make a happiness jar!  
Find a cup or jar you can keep in your room. At the end of every day, write something you did that made you happy that day and put it in the jar. When you are looking for something to do, pull a happy thought out to give you a positive activity!

### Activity 2:

Film a cooking show! Make sure each family member participates. One person can cook, one person can narrate, one person can film, etc. Send your show to a friend and see if they can make your dish!



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