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**MAKING JESUS REAL – SESSION 2 -  ENCOURAGE**

Welcome once again parents to MJR. Wow what a response I’ve had to MJR so far. The kids love it, the parishioners from the Church have commented on it and I’ve had lots of parents telling me what their children are doing at home. This is great and exactly what MJR is all about, being positive and being Jesus.

On our journey to become a W E S T person this week’s focus is on E for ENCOURAGE. This week we will be talking about how to encourage ourselves and others to be positive and happy.

We introduce the HAPPY CHAPPY or the HAPPY CHICKY face.

A Happy CHAPPY or a Happy CHICKY is a person who is:

Friendly

A good listener

Kind, forgiving and grateful

They encourage others to do their best

They are happy for others and congratulate them when they win or achieve something

They encourage others by challenging them when they are negative

Standing up to people when they put people down

Looking for the good in people.

Opposite to a WEST person is an EAST person

E stands for Exclude

A stands for Annoy

S stands for Sulk

T stands for Talk back

Opposite side of a Happy CHAPPY and a Happy CHICKY is a Nasty Pastie.

What does a Nasty Pastie look like?

They are moaners and groaners - they always complain.

They make bad choices.

They say nasty things to others and about others

They delight when others lose.

They are takers and not givers.

They always have an excuse and never own up to their own behaviour.

They always blame others.

They argue and talk back because they want their way all the time.

We don’t want to become one of these people. So have to reflect on our behaviour and then set our minds to change our habits.

Continuous bad BEHAVIOUR becomes a habit and habits create character.

**ENCOURAGE REFLECTION**:

Ask Jesus to help you change your habits by doing this little reflection.

Find 5 minutes to sit silently. Read and Think about these questions. That is prayer.

Do I use encouraging words to my husband/partner/children?

What is my tone of voice most of the day?

Could I be more positive towards them?

Am I a moaner and groaner?

How many times today did I complain about something?

Am I looking for the good in people/in my school/ in my work / in my family?

What do I need to change in my behaviour so it doesn’t become a habit?



ACTION:

So what am I going to change tomorrow?

Plan or write in your journal.

How am I going to do things better?