

Fun in the Sun

"The sun of Thy mercy is shining upon all... Thy gifts encompass all..." —'Abdu'l-Bahá

Like the light of a sunny day, God's blessings are all around us. But just as clouds can block the sun, it's sometimes hard to see all the good stuff in our lives. You can fix that with an attitude of gratitude. Studies find that being grateful is linked to happiness, stronger relationships, and even better sleep.

Have you ever hit the beach for a day of fun and found yourself grumbling that it's too hot or too

crowded? Don't be crabby. Look for the positives. Isn't it great to be with friends and family, feel the warmth and breeze, and build sand castles? Take a deep breath and let the joy flow in.

Earth is full of wonders large and small. Whether you're exploring shells in the sand, wonderful whales, or sites across the sea, use your imagination to make every day a new adventure.

These kids are having a *whale* of a good time at the beach. Help them find their way to the Castle of Gratitude.

