



RILEY'S RAINFOREST

“Send down ... from the clouds of Thy mercy the rains of Thy healing...” —Bahá'u'lláh

What Money Can't Buy

Have you ever seen a really cool game or an awesome pair of shoes that you just *had* to have? Did you imagine how happy you'd feel once you got it? How long do you think the happiness lasts?

Research shows that buying material things doesn't lead to ongoing happiness. In fact, people who are more materialistic—who focus too much on money or possessions—tend to be *less* happy than others. But why is that?

One big reason may be that people get used to things very quickly. New and exciting purchases soon become old. Then people seek the thrill of buying something else. They become stuck in a cycle, getting something bigger or better, but without feeling lasting joy afterward.

One way to break that cycle of materialism is to practice gratitude. People who are grateful for the



things they have—whether it's a comfy bed or a family member with four paws—are happier and more satisfied with their lives. Rather than focusing on the things they don't have, grateful people enjoy the things they *do* have. They're less likely to want more things or expect stuff to provide happiness. They're already content.

So next time you find yourself wanting something, think of what you already have to be thankful for. Whether it's your parents, your bicycle, or your chocolate treat, the key to happiness is right there in your own heart.

Explore & Soar: Thankful Thinking

Being grateful is a choice. Try these ways to add some more gratitude to your attitude:

- ☐ Keep a gratitude journal. Write down at least three things each day that you're grateful for.
- ☐ Appreciate the simple things—like the joy of reading a good book.
- ☐ Let Earth wow you with gorgeous sunsets, fresh air to breathe, and lakes and oceans to play in.



- ☐ Give thanks for your body and the amazing things that it can do. Take care of it with healthy eating and plenty of activity.
- ☐ Thank your parents, siblings, and other family members for their care and kindness.

Curiosity Canopy



It's estimated that U.S. kids see over 40,000 commercials per year—just on TV alone! Ads are designed to make you buy things you may not need or want. They also imply that having stuff will make you happier. Mute the ads or go outside for a breath of fresh air!