

MAY



Mom+Daughter Date





→ **MAY** ←

# Wow! What a rollercoaster!

Listen to Episode 29 of the True Girl MomCast featuring Dannah Gresh, Janet Mylin, and Shani McKenzie.

**Then, read this letter.**

*Life can be a rollercoaster ride  
But I know that You are by my side  
It can be up and down  
And in and out  
But I will follow You  
Hands in the air and feel the wind  
Cause I will trust You as my friend  
I can be strong and brave  
Be bold and say  
I will follow You  
Follow You  
On this rollercoaster ride*

“Rollercoaster”, True Girl Crazy for Jesus album

I'm not sure if anything describes a tween girl's emotions like a rollercoaster. Up and down. Spinning and twirling. Rising and plummeting. It is likely that one of your greatest challenges in motherhood right now is helping your daughter manage her emotions appropriately and biblically. And every girl is so different in how they express their emotions, aren't they?



Does your daughter unabashedly wear her heart on her sleeve? Or is she one who stuffs things down for a while until they explode out of her like a little volcano? Or maybe she's a quiet processor and only expresses her feelings in more intimate, one-on-one spaces. It can be a lot to figure that out.

This month's box is designed to help your daughter navigate emotions. And if you haven't listened to episode 29 of the MomCast yet, please do. We cover some solid biblical ground on the importance of not letting emotions rule our lives.

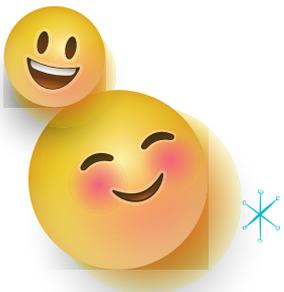
As you dive into the mom+daughter date, you might want to know you're going to be given a practical tool for combatting anxiety specifically. Now, please note that it isn't just for girls who are crippled by anxiety. It's useful for any human who encounters stress or worrisome circumstances.

As always, we want you to know that you're not alone in your desire to raise your daughter according to the Truth of God's Word. We are pulling for you and praying for you.



**Hands in the air and feel the wind,**

**Janet Mylin**



# Picking Up Gratitude!

## PREPARING FOR YOUR MAY MOM+DAUGHTER DATE



### SUBJECT:

Gratitude: Getting emotions in check!

### SETTING:

Anywhere there's a table or flat surface

### MATERIALS YOU'LL NEED:

Your Bible

Either your GratiKube from the subscription box OR you'll need slips of paper, a pen and a dish for the slips of paper

Snacks are always a good idea!

**Tip: Don't just use this activity when your daughter's feeling anxious or stressed. Pull it out once in a while when things are good, too. ;-)**

**This simple mom+daughter date will help you exercise the muscle of gratitude! Why? Because gratitude helps reduce the power of anxiety.**

### HERE'S WHAT TO DO FOR THIS DATE:

- 1 If you aren't using the GratiKube, cut 12 slips of paper and write these categories on them: NATURE, GOD IS, SPECIAL TO ME, SOMETHING UNEXPECTED, SOMEONE HELPED, SOMETHING I DID, FRIEND, FOOD, FUNNY, SOMEONE SPECIAL, DIFFICULT TIME, YOU CHOOSE! Put those slips of paper into a container.
- 2 Decide where you would like to do this activity. Sitting at a table is a great location!
- 3 Prep your snacks (if you have any).
- 4 Read 1 Corinthians 10:5 in your Bible or you can read it here: "We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ."

### Ask some questions:

- ♥ **What does it mean if something is raised up against the knowledge of God?** [It's something that's trying to be more important than God and His Truth.]
- ♥ **What does it mean to "demolish" something?**
- ♥ **Why is it important to demolish things that are against the knowledge of God?**
- ♥ **Have you ever noticed that your emotions make you think thoughts that are against what God says is true?** [i.e. Someone at school says something mean to you and it makes you feel like you're not good enough. Those feelings turn into thoughts like, "God made a mistake when He made me" or "I'll never be good at anything!"]

One big emotion we can feel when things are new, scary, or confusing is anxiety. There are lots of things people do to help anxiety not take over all of their thoughts. One important thing to do to "demolish" anxiety is to practice gratitude!

Philippians 4:6-7 says, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

For this date, you're going to "thank him for all he has done" using the GratiKube from the subscription box or the slips of paper you made! This will help your daughter learn how to walk in gratitude, even when things are especially hard, shifting her emotions from fear to trusting God.

Here's what you do: Take turns either rolling the GratiKube or pulling a slip of paper out of the container and thanking God for something as it relates to the topic that shows up on it.

For instance, if you choose the topic NATURE, you might say, "I thank God for making everything in nature the perfect color!"

You may decide to keep the GratiKube or those slips of paper on your dining room table or breakfast bar to practice gratitude before dinner or breakfast as a family.

Feel free to share photos of this date! You can post them on social media and tag True Girl or email them to [info@mytruegirl.com](mailto:info@mytruegirl.com). Check out [@goodkindco](https://www.instagram.com/goodkindco) on Instagram to find out more about the GratiKube.

TrueGirl



# Hey True Girl Mom!

HERE'S HOW TO GET THE MOST OUT OF THIS BOX!

1

## The Date

Check out the Mom+Daughter date inside this packet. That will let you know what to do with some of the items in the box and how much time you'll need to set aside to enjoy it together!

2

## The Podcast

Listen to the True Girl MomCast episode on talking to your daughter about this month's topic with Dannah Gresh, Shani McKenzie and Janet Mylin.

3

## The Connection

Now, do the Mom+Daughter date! Connecting with each other while you both grow closer to the Lord!

True Girl  
Crazy  
Hair  
TOUR

Get ready for a night of mom+daughter connection!

[CRAZYHAIRTOUR.COM](http://CRAZYHAIRTOUR.COM)