

## **Colorado Elementary School Begins New Emotional Awareness Program. An Exercise in Happiness!**

*Developed by “stay at home dad” Patrick McMillan, An Exercise in Happiness is a personal growth program created specifically for kids in the eight to fourteen age group, designed to develop a “habit of happiness” and instill emotional awareness.*

**March 11, 2008** - [PRLog](#) -- An Exercise in Happiness combines techniques used in traditional personal growth programs, with scientific evidence provided by the field of Positive Psychology. The interactive exercises in this unique program for kids utilizes the open window of opportunity during these critical years. This program instills a “habit of happiness” and self-fulfilling beliefs through goal setting, action affirmations, emotional awareness and gratitude journaling, among several other exercises that promote positive emotional growth.

The Science of Happiness and the Secret to living a life of happiness and abundance has been in the national spotlight throughout the past year like never before. Self-help and Personal Growth has grown to a staggering \$13 Billion per year industry, targeting the adult population, while the rate of childhood depression continues to rise at an alarming rate, and takes its victims younger and younger each year. “To me, this is a more pressing concern than climate change,” says Mr. McMillan, “and to simply medicate our children is not the answer.” According to a Harvard Medical Center study, the rate of childhood depression increases at an unacceptable rate of 23% per year, and anti-depressant medication prescriptions for kids has skyrocketed.

Adaptable to both home and the classroom setting, An Exercise in Happiness starts with very simple yet very powerful daily exercises done in only minutes each morning, as well as several exercises done throughout the 30-day program. Children create lists such as a Thought Shift List to help them move into a more peaceful state of mind at will, and their Amazing Me List to help them recognize their strengths and virtues. The Exercise in Happiness techniques have proven to have almost instant results when the program was piloted at West Jefferson Elementary School in Conifer Colorado, and the program has since been booked at Elk Creek Elementary School in Pine Colorado. The program has been made available for individual purchase as well, and has become very popular with parents that home-school their children.

Visit [www.kidscandoanything.com](http://www.kidscandoanything.com) for more information about An Exercise in Happiness. Or e-mail [patrick@kidscandoanything.com](mailto:patrick@kidscandoanything.com)

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About Kids Can Do Anything: Created by Patrick McMillan, a stay at home dad with two boys, and a passion for sharing with children the tools they need to create for themselves the happy life they truly deserve and are capable of achieving.

Website: [www.kidscandoanything.com](http://www.kidscandoanything.com)

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