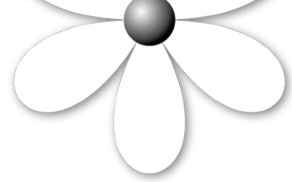


Spreading happiness



Write down acts of kindness you can do during the next four weeks for your friends, family and mentors. Now spread happiness by doing these acts of kindness. Notice changes in yourself and others.

Friends

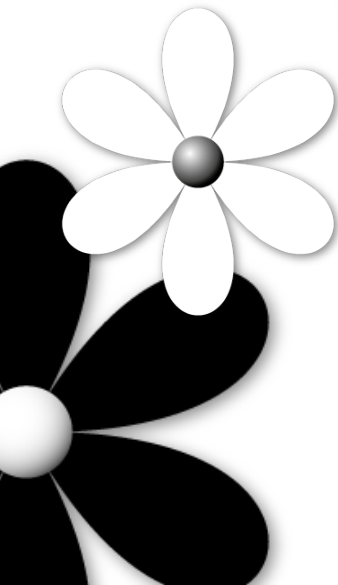
A rounded rectangular box with four horizontal lines for writing.

Family

A rounded rectangular box with four horizontal lines for writing.

A mentor

A rounded rectangular box with four horizontal lines for writing.



Reflection

How did doing acts of kindness for others impact how individuals responded to you? How did they respond differently?

How did doing acts of kindness for others make you feel?

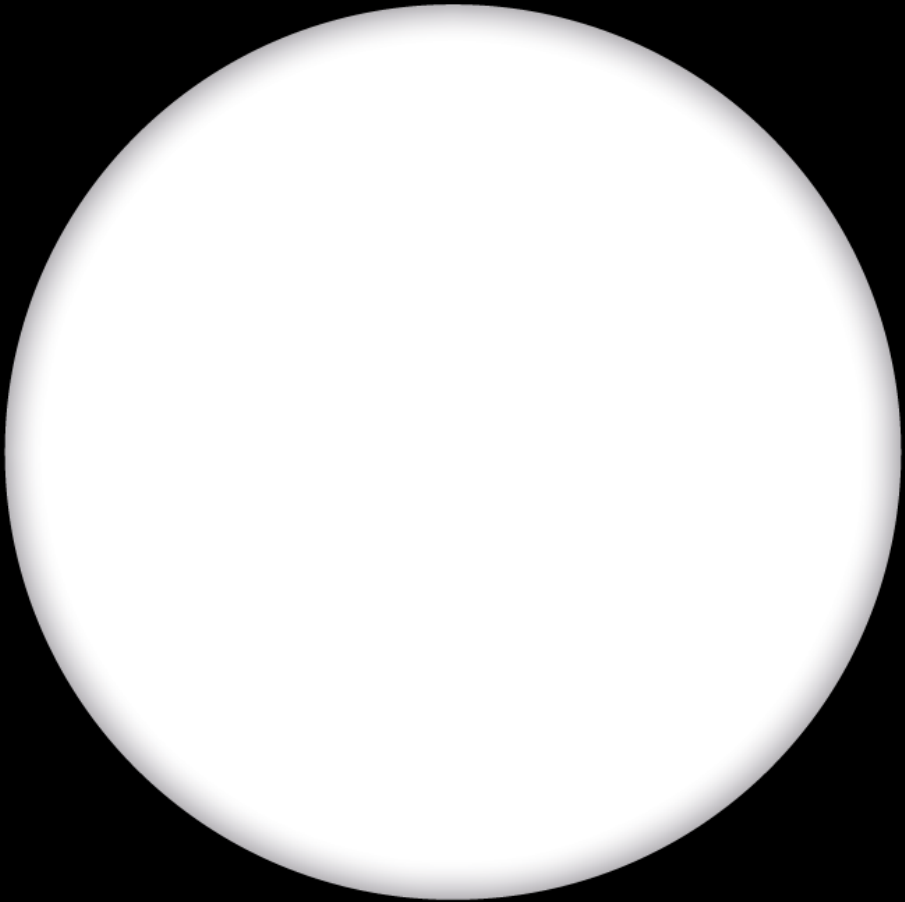
How did doing this exercise change the way you might do things in the future?

What I'll do differently for my friends.

What I'll do differently for my family.

What I'll do differently for those who mentor me.

Your true colors



Let your true colors show. Write your response to each of the items below in the color of ink noted. Write in the circle above in any direction or angle to create a collage of colorful words. Looking at your true colors when feeling upset, or unsure will help you feel happy, confident and ready to take on any challenge.

Blue ink: 5 people who care about me.

Red ink: 5 things I'm really good at doing.

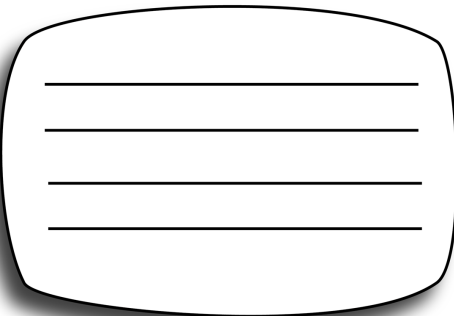
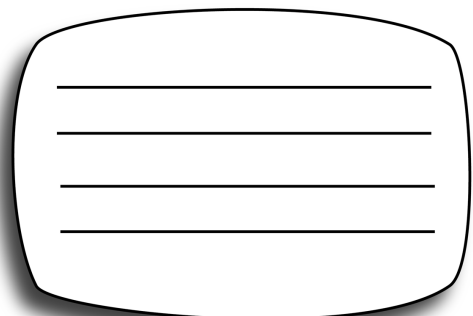
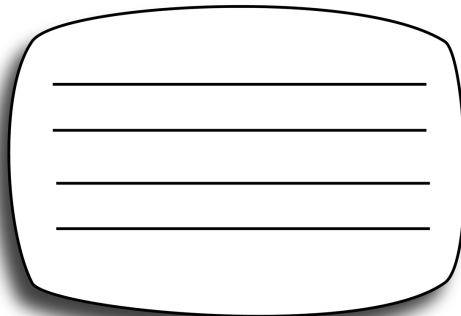
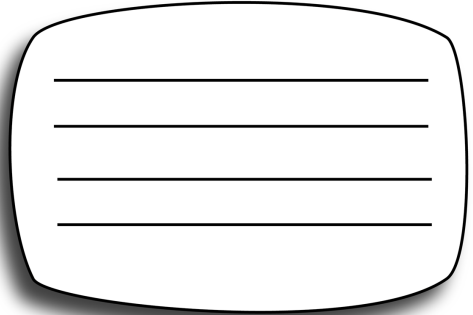
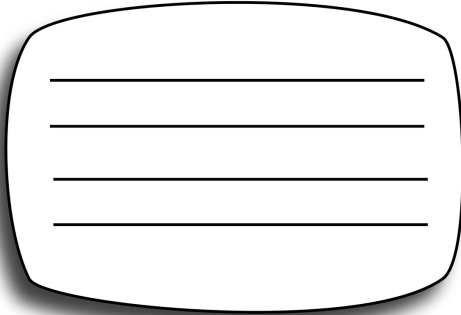
Green ink: 5 things that make me happy.

Black ink: 5 things that make me feel calm.

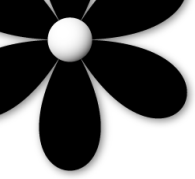
Pink ink: 5 things others like about me.

I'm grateful for

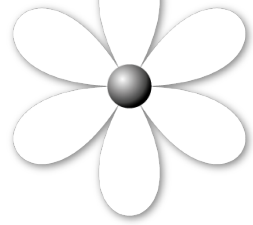
List all the things for which you feel grateful.



Notice how you feel after listing all the things for which you feel grateful. You can get this wonderful warm feeling at any time by doing this exercise. Use it to boost confidence and elevate your mood.



My K-Kids experiece



My favorite service project so far.

Something new I learned about myself.

A new skill I developed.

Something new I learned about grown-ups.

Something new I learned about my community.

Something new I learned about the world.