Print, cut and give one of the following messages to anyone you see spreading kindness. Recognize this Do Gooder!

I noticed! You're making a difference! Thanks for spreading kindness and helping others feel special.

I noticed! You're a do gooder! Thanks for spreading kindness and helping others feel special.

I noticed! You're a community hero! Thanks for spreading kindness and helping others feel special.

I noticed! Wow! You're making a difference! Thanks for spreading kindness and helping others feel special.
Draw portraits of the people and/or pets who support and guide you. Think of who it is that helps you to be the very best version of you.

My best friend.

A family member.

My pet.

My favorite teacher.

A mentor.

Write down two forms of exercise you'll do during the week. Spend 30 minutes doing each one.

Think of who it is that helps you to be the very best version of you.

My weekly goals

Make copies of this page so you can write goals for each week of the year. Setting goals each week will help you accomplish more. Setting goals in the areas below will help you feel happier.

Have fun.

Write down two activities you'll do this week that bring you joy and happiness.

Be thoughtful.

Write down two ways you can help family or friends during the week and do them.
## My weekly goals

Make copies of this page so you can write goals for each week of the year. Setting goals each week will help you accomplish more. Setting goals in the areas below will help you feel happier.

### Have fun.
Write down two activities you'll do this week that bring you joy and happiness.

### Get moving.
Write down two forms of exercise you'll do during the week. Spend 30 minutes doing each one.

### Be thoughtful.
Write down two ways you can help family or friends during the week and do them.

<table>
<thead>
<tr>
<th>Write goal 1 here.</th>
<th>Write goal 2 here.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Worries be gone

The human brain is amazing. It can think about lots of thoughts all at once. It allows us to day dream, to plan ahead, to think about the past and to imagine and create amazing stories. The brain is also good at thinking the same thoughts over and over and sometimes they aren't positive, happy thoughts, but worries. Worries about what didn't happen or worries about what might happen. Let's clear our mind of all the worries we have and create space for positive thoughts. Use the space below to write down your worries. Once they are written on the page, let them go. If you want to, crumple this page and throw it away after writing your worries, as a way to let them go.