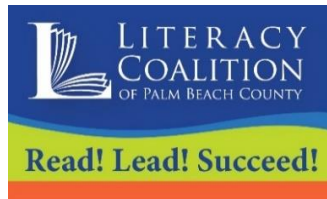


READ, understand and THINK before you ACT.



Leading through Reading

Spreading Notes of Kindness (6-8)

READ & THINK

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl				

ACTION FOR HAPPINESS www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

How many of the tasks on the Coping Calendar from ActionforHappiness.org can you commit to doing?



[Front Desk](#) is a FREE ebook available from Mandel Public Library about being kind and brave even when you are afraid.



What is the meaning of the quote in the calendar by Viktor Frankl? Read about a teen's efforts to [Chalk the Walk](#).

ACT Create a Campaign to Make your Neighborhood a Walking Adventure

SPREAD THE WORD: Ask your parents how you can send out notes to help neighbors to say a cheery hello to each other.

- Can you make a poster to hang in apartment buildings or to hang at the entrance of your development?
- Would you be able to leave a note on mailboxes or put notes outside of people's doors?
- Could your parents work with you to post a message on social media, such as the Next Door AP?

Send out messages to ask neighbors to create *Window Displays* and *Positive Sidewalk Messages* by...

- Putting a sheet of colored paper in the window (Red-Help Needed, Yellow-Doing Okay, Green-Doing Very Well)
- Display a thank you note to grocery workers, trash collectors, delivery people or medical personnel
- Putting your favorite stuffed animal or happy emoji or heart in their front windows



This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program. *Read! Lead! Succeed!* is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your *Read! Lead! Succeed!* projects to nbirardi@literacypcb.org