

Day 1

Name **3** qualities
that you love
about
yourself.



Day 2

Write down **5**
things you are
grateful for in
your life.



Day 3



Create a picture for
someone that will
make him or her say,
"Awww!"



Day 4

Smile and tell your
family members why
they each make you
happy.



Day 5

Write a short, loving note to
one family member and hide
it in a place that might be
hard to discover. Give hints
throughout the day until the
note is found.



Day 6

Make an invitation to
do something fun with
someone you think is
special.

Day 7



Look through old pictures and pick your *favorite* memory. Share why it is your favorite.



Day 8



Think of *something kind* a friend or family member has done for you & tell them how much you still appreciate it.

Day 9



Celebrate your best friend's birthday, even if it is early, just for **FUN!** Make a birthday card and plans to make a sweet treat with or for your bestie!



Day 10



Write 2 Haikus

(5 syllables, 7 syllables, 5 syllables)

One about your best friend and
one about your friendship.

Give your masterpieces to your best friend the next time you see each other.



Day 11



List the top 3 activities that you enjoy doing with your best friend. Give 'em a call to plan a time to do one of them soon!



Day 12



Create a bucket list of 5 things you want to do with your family & ask your family to add 5 more activities. Now you have a

Top 10 Family Bucket List
to accomplish together!



Day 13

Make a list, voice memo, or video for someone you love. Name **all** of the reasons you **LOVE** them!



Day 14

Give someone a compliment.

you are
Jawesome

YOU'RE A
GREAT COOK!
EVERYTHING
YOU MAKE IS
DELICIOUS.



Day 15

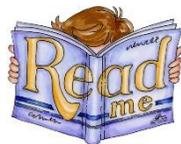
Describe someone using a simile.

(comparison of two things using like or as)

YOU'RE AS
SWEET AS



Day 16



Go through any old books and choose one that you would like to give to a friend. Write a note on the inside cover about why you are choosing this book to pass on.



If you don't have a book, write a short story to share.

Day 17



A hero is someone we think of as special because of the good or brave things that person has done.

Who do you consider a hero?

Write your hero a note to say



Day 18



Draw a picture or create a video acting out a **funny memory** you have with a friend or family member & share it so you can both have a good laugh.



Day 19



Show your **teachers** just how much you appreciate them. How you show them is up to you. You could write them a poem or a story, draw or paint a picture, create a song, make a video, or any way you want to **say thank you!**



Day 20



Sometimes we do or say something that hurts another person's feelings. Write an apology letter to someone you were unkind towards & give the letter the next time you see each other.

Day 21



Tell your role model these **3** things:

1. Why your life has been made better because of him/her,
2. What you have learned from being around him/her, and
3. How you will continue to improve because of his/her

AWESOMENESS

Day 22



Day 23



Day 24

