

# BE AN UPLIFTER: CHECKLIST CHALLENGE

If you had superpowers like the Uplifters, what would you love to do to help others? Maybe you'd use your ultra-vision and compassion to spot kids getting bullied and rush to their aid. Or you could use your amazing strength and helpful hands to break ground for a community garden. With your super stretching ability and creativity, you could help kids in your city paint a huge mural about race unity.

Whatever your strongest virtues, when you do an act of kindness or make someone feel special, the benefits ripple beyond that person. Your good deeds may inspire others to take action, and *you'll* feel happier, too.

You don't have to stop an Eraser's devious plot to be an Uplifter. You can help change the world by bringing a beam of sunlight into someone's cloudy day. Where will you focus your positive powers today?

**START DATE:**

**Challenge yourself and your friends to see how many ways you can uplift others in the next two weeks. Add some of your own ideas.**

**END DATE:**

☁ Help a friend or sibling with homework.

☁ Contribute to a food drive at your school or place of worship.

☁ Put a loving note in a parent's lunch bag, purse, or briefcase.

☁ Write a thank-you note to a teacher or librarian.

☁ Volunteer at your local animal shelter.

☁ Help a neighbor do yard work.

☁ Do a chore to help a sibling or a parent.



☁ Put out birdseed for birds.

☁ Call or write to a relative who lives far away.

☁ Visit a retirement home and sing or play music for the residents.

☁ Visit an elderly neighbor.

☁ Welcome a new neighbor with a treat or a house plant.



☁ Bring books or craft supplies to kids in the hospital.



☁ Offer to walk a neighbor's dog.

☁ Collect personal care items to donate to a homeless shelter.

☁ Deliver a meal to someone who's ill.

☁ Share your garden vegetables.

☁ Read stories to younger kids.

☁ Offer to pray with a friend who's feeling sad.

☁ Smile and greet people you meet.

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