

RILEY'S RAINFOREST



“Send down ... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar: Share Some Sweetness

Check out these tips for bringing joy to others:

☐ Point out someone's strengths. When a friend or a family member is feeling low, tell them what you like about them.



☐ Tell a joke, even if it's cheesy. Laughter releases stress and brings oxygen to your heart, lungs, and muscles.

☐ Help a sibling with chores or their homework. It shows you care and makes you happier, too.



☐ Share a treat you made. It's a delicious way to sweeten a friend's day.

☐ Move around and dance. The combination of upbeat music and being active gives everyone a double dose of positivity!

Joy Is Contagious

What would you do if you had a superpower that magically lifted people's spirits? Would you help your sister feel more confident about a performance? Give an energy boost to a friend before soccer tryouts? Maybe you'd inspire your parents to plan an exciting family trip.

Guess what? You *do* have that superpower—just by expressing happiness. Your attitude has an incredible impact. If you're grouchy, a short temper and sharp words can bring people down. But when you're upbeat, your positive outlook can help others feel fantastic.

Just like germs get passed along, we can spread cheer, too. Researchers from Harvard and the University of California found that when one person is happy, they can raise the joy of friends, family, and neighbors by

up to 25%. Their positivity can also reach friends of friends, influencing people they don't even know!

The good news doesn't stop there—smiling is contagious, too. It releases chemicals in your brain that improve your mood. Studies have found that when we see someone smile, we naturally want to do the same. It's such a strong impulse that we have to intentionally *try* not to respond with a grin of our own.

The Bahá'í writings say, “The more we make others happy the greater will be our own happiness and the deeper our sense of having served humanity.” Find what brings you joy, and let your sunny side shine. Your light has the power to lift up others!

Curiosity Canopy



Did you know? Being outside can make you happier! People in Japan even have a practice called *Shinrin-yoku*, or “forest bathing.” They spend time outdoors, taking in the sounds, smells, and sights of nature to soothe their spirits. Invite a friend to go out and play!