

SPREAD JOY

“Turn all your thoughts toward bringing joy to hearts.” –Abdu’l-Bahá

If a friend has ever carried your books or baked you homemade treats, you know that even small acts of kindness can give your mood a big boost.

When you’re feeling good, it’s easy to pass that positivity along to others. If one person in a community is joyful, their words and actions spread the good cheer to friends and neighbors. Studies show that just *watching*

someone lend a helping hand can inspire friends and neighbors to show kindness!

What’s your favorite way to brighten someone’s day? Do you have a grandparent or a sibling who could use a hand? Maybe a friend would like some help studying for a big test. Find ways to plant seeds of joy and watch happiness grow.

In picture 1, Imani is sharing a treat with the mail carrier. Find the mail carrier’s kind deed and label it “2,” then continue in the same way, following the chain reaction of joy.

