

BE A SERVICE SUPERHERO

If you had superpowers like Lightning and Luna, how would you help others? Maybe you'd use super speed and generosity to hand out food to everyone in need. Or with super-stretchiness and creativity, you could help paint murals about race unity.

You don't need to fly through the air or fight villains to be a superhero. By using your spiritual qualities, you can make an amazing difference! Your good deeds can

inspire others to take action. You'll feel happier, too!

This spring, a great time for kindness is Naw-Rúz, the Bahá'í new year, on March 20. It's also time to celebrate the **100th episode** of *Brilliant Star's* "Lightning & Luna" comic.

So exercise your strongest virtues to lift the hearts of those around you. Whether you work on massive problems or do something small for a friend, you're changing the world. Where will you focus *your* positive powers today?

START DATE:

Challenge yourself and your friends to see how many ways you can uplift others. Set a timeline for your challenge and add some of your own ideas.

END DATE:

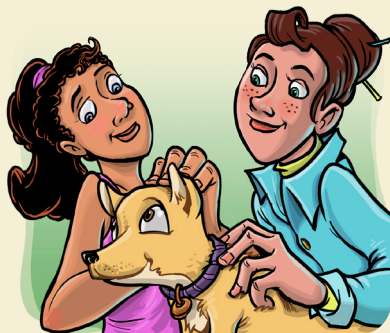
Put a loving note in a parent's lunch bag, purse, or briefcase.

Collect toys for kids in need.

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

Sit with someone new at lunch.

Volunteer at your local animal shelter.



Help serve food at a charity meal center.

Create a handmade gift to surprise a friend.

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



Call or write to a relative who lives far away.

Do a chore to help a sibling or a parent.

Leave happy notes around town.

Share a prayer or song at your next Bahá'í Feast or community event.

Collect personal care items to donate to a homeless shelter.

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

Take a meal to someone who's ill.

Play a game with younger kids.

Visit an elderly neighbor.



