



CELEBRATE!



Yay! There's so much to celebrate in our families and communities. We can appreciate accomplishments like winning a trophy in a track meet or learning a new piano solo. Everyone has uplifting qualities, from hilarious humor to fantastic friendliness.

Throwing a party is fun, but you can applaud your friends

and family in simple ways, too. Give a hug, write a kind note, or cheer at their soccer game to give them a boost. Offer love and support with no strings attached. Don't deflate someone's spirit if they make a mistake—they can learn from the experience.

When we focus on the positive and encourage people around us, everyone's spirits can soar!

Match pairs of balloons to find nine words that help us celebrate and support our friends and family.



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