

A Is for Appreciation

Appreciation is a way that you can let others know how grateful you are for the things they have done for you. You can show appreciation by taking notice of the things others do for you, and thanking others for the ways they help you. Appreciation makes others happy because it tells them that you care about them and what they do.

Put it into action:

Think of someone who does something for you that you appreciate. Take some time to draw a picture for or write a note to that person to let them know how much they mean to you.



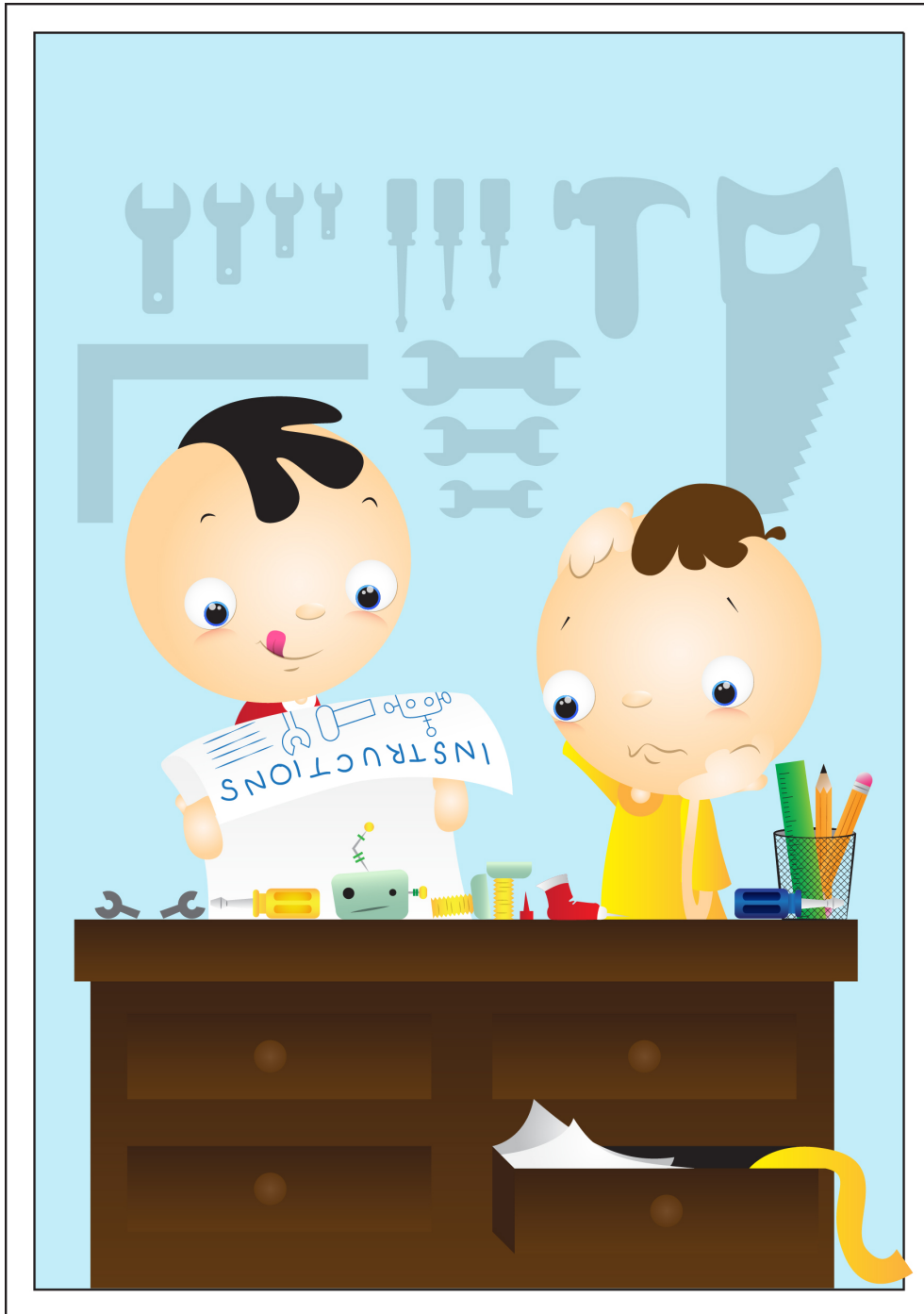
B Is for **B**e a Friend

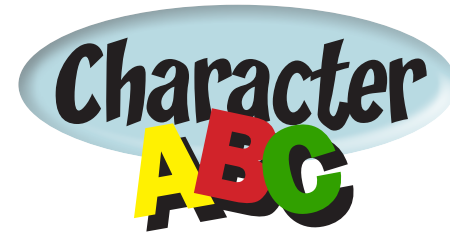
There are many ways that you can be a friend to others. A good friend is thoughtful and kind. A good friend will listen and work with you to solve problems. A good friend shows respect and is well-mannered and pleasant. A good friend will be there to lend a hand when you need help.

A good friend makes you feel cared for and loved.

Put it into action:

Do something today to show a friend how much you care. You can write a note, give your friend a hug, or tell your friend what makes him or her special to you. Make your friend feel special today!





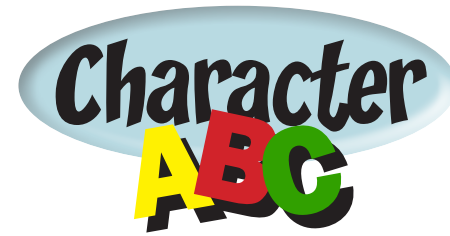
C Is for Compassion

Compassion is a way to show we care for others. If someone is hurt or sad, compassion makes you want to find a way to help that person feel better. A compassionate person is kind and caring. Compassion makes you want to reach out and help others in need.

Put it into action:

The next time you see someone in need, lend a helping hand. Not only will you be helping someone, but you'll find that helping others make you happy too.





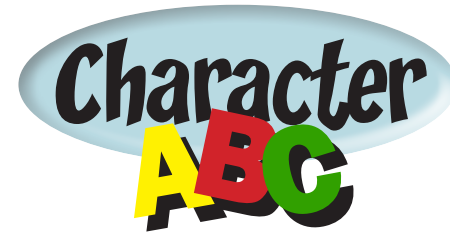
D Is for Diligence

When you give your best effort to a task, you are showing diligence. Some tasks are harder than others and it requires effort to see it through. Diligence, in things both big and small, shows that you're doing your work carefully. Diligence is when you take your time to do the job right or learn something new properly. Diligence makes sure a task is done right no matter how many times it has to be done.

Put it into action:

The next time you have a task to do, give it your best effort, and don't quit until it's complete. Even though it's hard work, you can be proud that you've done it right.





E Is for Enthusiasm

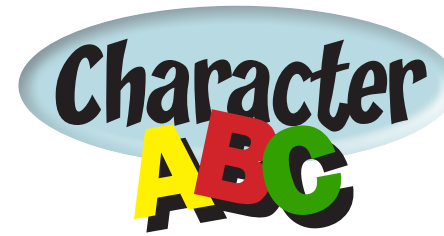
Enthusiasm is the passion you feel when doing something you enjoy. Sometimes you may not be excited about doing a certain task, but you can still do it with enthusiasm. You do this by choosing to put your energy into the task, rather than doing it without caring. Having enthusiasm makes what you do more enjoyable.

Enthusiasm is when you face your days with excitement and joy.

Put it into action:

When you work on a project or learn something new, give it your best effort. Put your whole mind and heart into it. That's how enthusiasm grows!



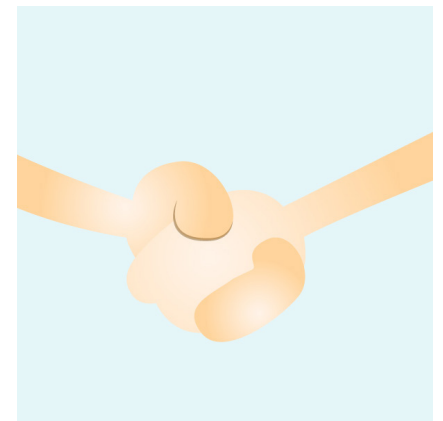


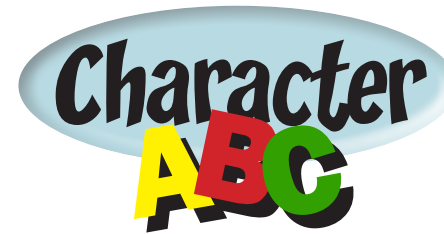
F Is for Forgiveness

When someone has wronged you, it can be difficult to forgive, especially if you are upset and saddened by what happened. When you forgive others, it doesn't mean you forget what happened, but it's how you can let go of the anger and hurt that you feel. Forgiveness makes your heart happy again; it's the step you can take to make things right. When you are quick to forgive it makes it easier for friendships to grow.

Put it into action:

The next time someone wrongs you, be quick to forgive. Tell the person, "It hurt me that you did this, please don't do it again. I forgive you."





G Is for Generosity

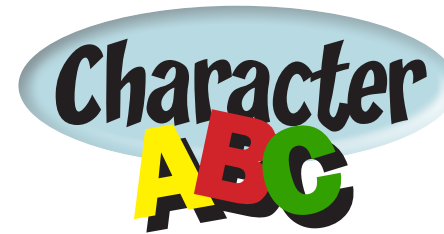
Generosity is a way to show kindness by giving to others. You can be generous at home, too, by helping around the house, whether it's with extra chores, taking care of your responsibilities, or helping someone in your family. Being generous is a way that you can contribute to your home and family.

Give from your heart, and see how it makes others happy and brightens up your day too!

Put it into action:

Look for a way that you can give or share something with someone else. Remember, it doesn't have to be anything big, just something from your heart.





H Is for Honest

Honesty is speaking the truth. It is being truthful about your actions and words, even if you know you've done something wrong. It may seem easier to hide what you did wrong, but being honest about your actions is important if you want people to trust and believe you.

When you are honest you act in a way that you know you should.

Put it into action:

Even when it's difficult, be honest about things you may have done wrong and ask for forgiveness.



I Is for Initiative

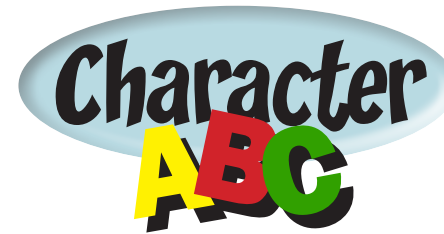
Initiative is recognizing and doing what needs to be done before you are asked. You don't have to be very skilled or smart to show initiative, you simply have to take the first step when you see something that you could do to help someone else or to complete a task. When you have initiative you can find solutions to problems, make discoveries, help others, and learn new things.

With initiative you're taking the extra step, and that can make your days exciting and challenging!

Put it into action:

Think about something that you could help someone with, and then go do it before you're even asked. That's initiative!





J Is for Joyfulness

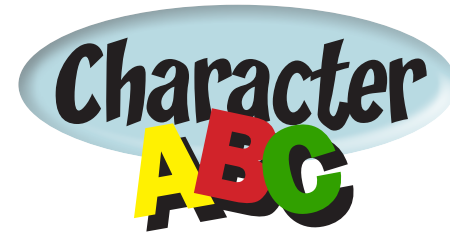
Joyfulness is choosing to be happy and content with yourself and with what you have. A smile, a laugh, and a song of happiness are simple ways that you can express your joy. You can be joyful by looking for the good in every situation.

Helping others is another way to find joy. When you think about others and what makes them happy, and then do those things, joy has a way of filling your heart too!

Put it into action:

Think of two things that make you smile, and then look for ways you can make someone else smile too.





K Is for Kindness

Kindness is showing concern for how someone else is doing. It's being caring toward anyone or anything that crosses your path.

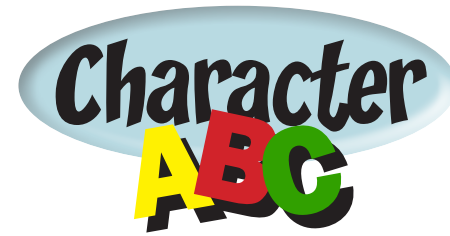
Kindness can mean doing nice things that brighten people's lives. It can also be caring for an animal or caring for the earth. When someone is sad or needs help, you can show love through your kind words and actions.

You make the world a better place by showing kindness!

Put it into action:

Pick one way you can make someone happy today, and then do it! Use your imagination.





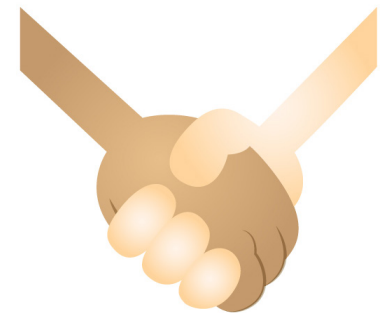
L Is for Loyalty

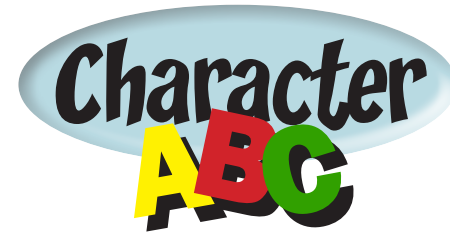
Loyalty is being true to those you love and care about. When you are loyal, you are faithful, steadfast, and true to someone or something. You help friends make the right choices, even when it's difficult.

When you are loyal, you keep your promises, you talk kindly about your friends, you stick up for friends and family, and you help out. Loyalty makes stronger, better friendships.

Put it into action:

Look for one way you can be loyal to your family or friends, then put it into action.





M Is for Manners

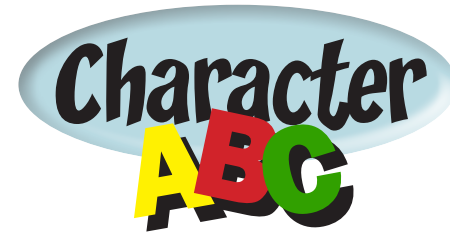
Good manners are a way to show your respect for others. You can show good manners by addressing others politely, being courteous in your actions, acknowledging others, apologizing when you've done something wrong, sharing with others, and in many more ways.

Most importantly, good manners show that you're aware of the needs of others, and you look for ways to show you care.

Put it into action:

Look at those who have good manners and copy what they do.





N Is for Neatness

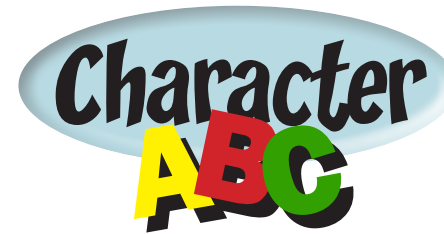
Being neat means you take the time to tidy after yourself. For example, if you take something out, you put it back where it belongs. Neatness shows that you care for your surroundings. You help your parents and those who care for you when you tidy up after yourself, and this makes the areas you're in nicer places to be in.

When you are neat it shows that you care about the things you have, you are considerate of others, and it's a wonderful way to lend a helping hand.

Put it into action:

The next time you play with your toys, try to remember to put them away properly without being asked to do it.





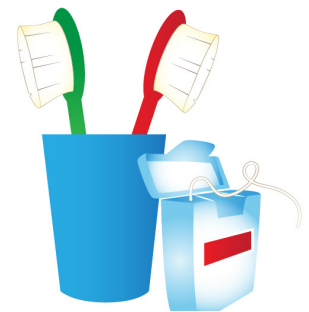
O Is for Obedience

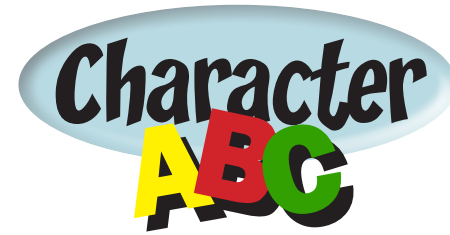
When you are obedient you not only listen to instructions, you follow through as well.

Your parents and those who care for you are helping you to build positive habits and to learn right from wrong. Sometimes you may not understand why you have to do something, or you may rather do it at another time, but following through on what you're asked to do is a way you show your love and respect.

Put it into action:

The next time your parents ask you to do something, do it as quickly and as well as you can!





P Is for Patience

It can be difficult to wait, especially when you're excited about something. When you have patience you learn to take things as they come.

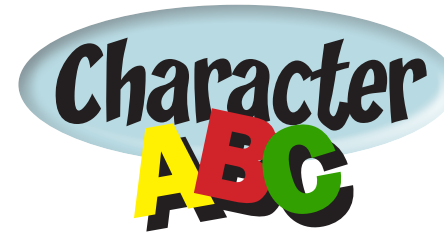
Think of a seed. It takes time for a seed to sprout and grow into a full-sized plant. Getting impatient won't make the seed grow any faster, but if you're calm and patient, you'll be able to enjoy all the stages of growth.

When you're patient you feel happier and content with when things happen.

Put it into action:

The next time you're having a hard time waiting, take a few moments to think of some of the things you can learn or do while you're waiting.





Q Is for Quietness

When you are quiet and listen, you are able to learn more about the world around you.

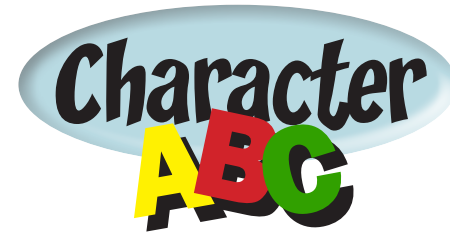
Sometimes there is so much happening that it can be hard to get calm and quiet. But you'll be amazed at what you can learn and understand when you're quiet and pay attention to things that aren't always very obvious.

Stop, get quiet, listen, and learn!

Put it into action:

Take some time to be quiet each day. Keep a journal of some of the things you learn during those times.





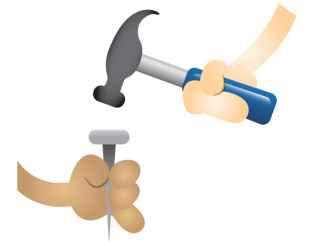
R Is for **R**espect

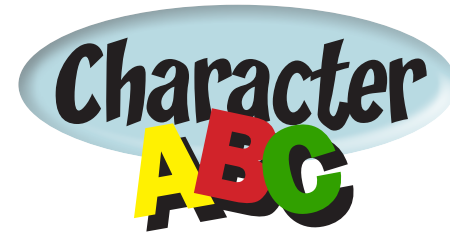
You can be respectful to your friends by taking their likes and ideas into consideration when you're playing together. You can show respect to your parents and teachers by listening and following through on what you're asked.

Respect is one way you show your love and friendship to others. It lets others know that what they think and want is important too. When you have respect you pay attention to the needs and wishes of those around you.

Put it into action:

When playing with your friends, listen to their likes and dislikes and work together as best you can.





S Is for Stewardship

Stewardship is taking good care of your things. When you are diligent and care for the things you have been given, then you can be trusted with more.

Good stewardship takes effort, but learning to be a good steward is an important part of growing up and taking responsibility. Learn to care well for things both big and small, and you'll find that people are happier to share what they have with you because they can trust you to be a good steward.

Put it into action:

Can you think of some way to better care for something you have? Now go put it into action!



T Is for T

When you show your gratitude for all that you have been blessed with, it helps you feel happy and content.

Sometimes you might think you don't have everything that you want, but if you take time to remember all that you do have, and thank those who lovingly care and provide for you, you will find that you have plenty to be grateful for.

Talk about what you are thankful for, and you'll be amazed at the joy that fills your heart!

Put it into action:

Make a display board of the things you're thankful for. Now every day when something happens that you are happy about, add that to your board.



U Is for Unity

Working in unity with others means working as a team. To work well with a team you must talk with each other about ideas, help each other, and work together to accomplish a shared goal. Not only can you do things better when you work in unity, but you can also make new friends who can help you learn new things.

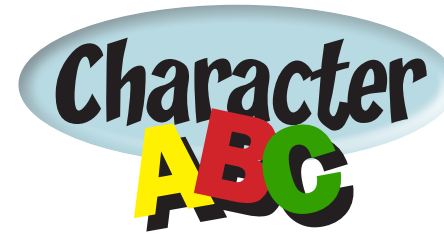
Work in unity to get a task done, and see how much fun working in teamwork can be!

Put it into action:

The next time you have to complete a task with someone else, remember these three simple steps:

- 1) Listen to each other.
- 2) Discuss ideas.
- 3) Work together to succeed.





V Is for Volunteering

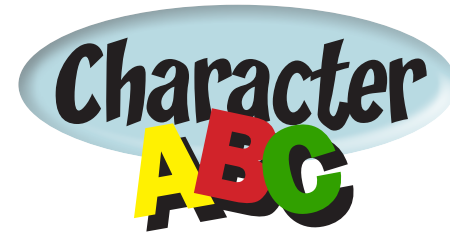
Volunteering is when you give your time and skills to help others in your community. When you volunteer you show that you care about your community and want to do whatever you can to make it a better place.

Volunteering is a wonderful way to not only help others, but when you are selfless in this way, it also helps to make you an important and needed part of your community. There are many things, even small things, that you can do to improve your part of the world. Start today to make a difference!

Put it into action:

Ask your parents for ways you can volunteer in your neighborhood or community to help make it a better place.





W Is for Wisdom

You don't have to be old to have wisdom. You are wise when you stop and think before you act. Before you do something, pause for a minute and consider whether what you're doing is kind and fair? Is it helpful to yourself and others? Is it what you know to be right? Wisdom is when you act on what is right.

And don't forget, being wise also means you ask for help from others when you're not sure what to do. This is sometimes the better ways to be wise!

Put it into action:

Before you do something, stop and ask yourself: "Is what I'm doing right? Is it kind? Will it make things turn out well for me and others?" Then act accordingly.



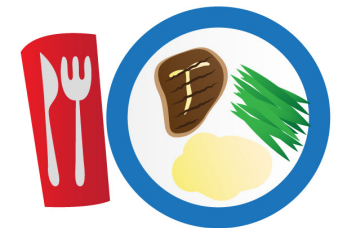
X Is for eXample

Being a good example to others means choosing to do the right thing so that your actions show others you care for them. When you express your thankfulness to others, when you are polite and courteous, when you are forgiving of others, when you practice fairness in your actions, these are all ways that you are being a good role model to others.

Even when it's difficult, choose to do what's right, so that you're setting the right example to those around you. You'll also feel happier when you do what's right.

Put it into action:

There may be those who watch you and follow what you do, so do your best to do what you know is right and be a good role model.



Y Is for “You Can Do It!”

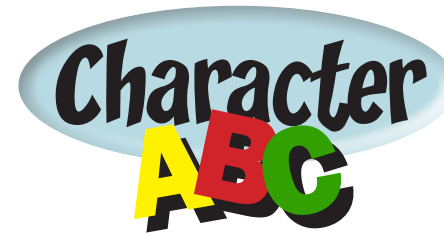
You may face difficulties that seem too hard for you, or that might scare you to try. It can take courage to do something you are afraid of. When you face your fears and take small steps toward doing what is difficult for you, you gain courage. You feel braver and stronger every time you try, until you finally realize that you can do it!

Keep trying, even when it's difficult, until you succeed! This is how you become victorious.

Put it into action:

If you're facing a new challenge, make a poster for your wall that says “You can do it! Keep trying!” Decorate your poster and hang it somewhere in your room to remind yourself that you can be victorious.





Z Is for Zeal

Have you ever done something that you were very passionate and excited about? That's good! Having passion and zeal for what you do is important. Zeal is the enthusiasm, excitement, and joy you find in doing something you enjoy.

When you find something that sparks your interest, explore your curiosity and learn what you can. When your passion is something that you can use to help others, even better!

Put it into action:

What's something you love to do? Are there ways that you can learn more about it? Can you use it to help someone else? Why not try!

