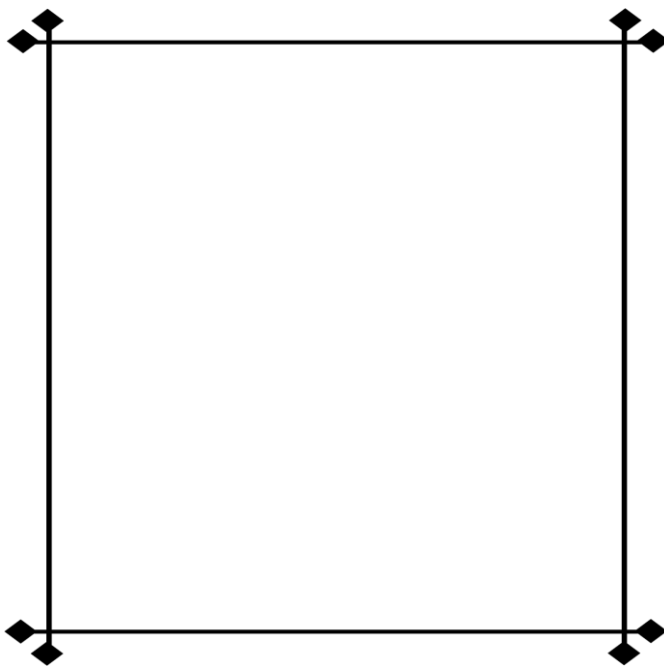
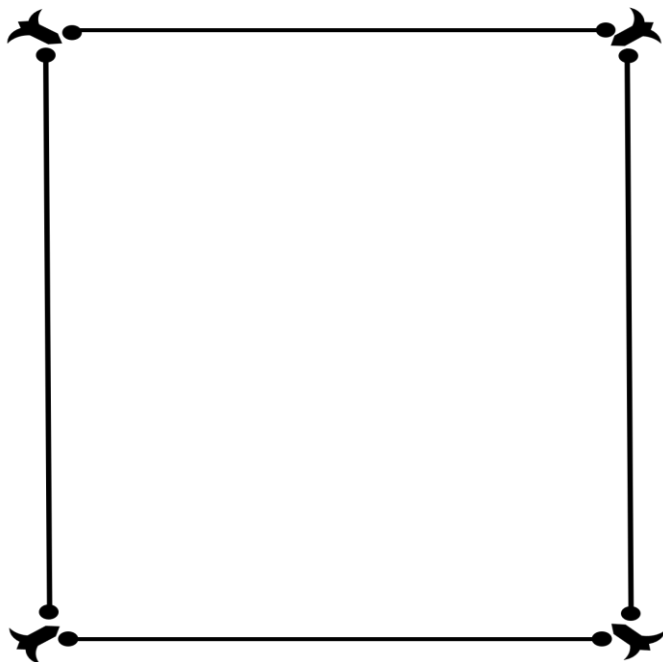
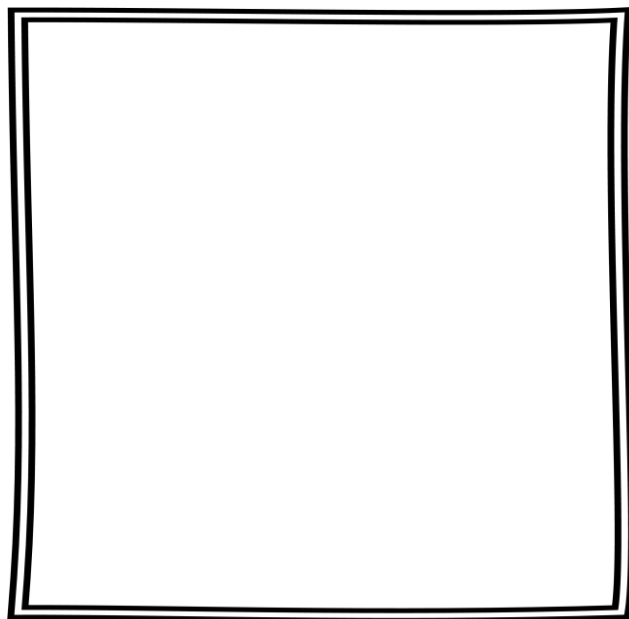
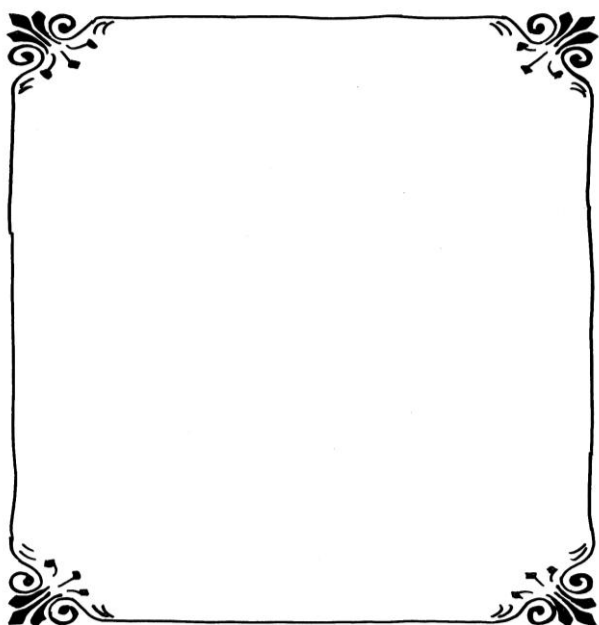


Feelings

Give Someone a Compliment

Write compliments to four people you know. Be sincere. Compliment something special about them. Then cut them out and give them to those people as soon as possible.

Use the following two pages to get ideas for words.



A	Confident	Encouraging	Gifted	Joker
Amazing	Cheerful	Elegant	Glorious	Justice-loving
Athletic	Clear-headed	Enchanting	Giving	Joyful
Awesome	Classy	Empathetic	Good-natured	Jubilant
Adventurous	Charismatic	Enduring	H	
Admirable	Cooperative	Energetic	Hilarious	
Active	Chivalrous	Enthusiastic	Heart-filled	
Agreeable	Committed	Expert	Hopeful	
Adaptable	Compassionate	Easygoing	Handsome	
Ambitious	e	Extraordinary	Hardworking	
Appreciative	Curious	F	Happy	
Attentive	Content	Fun	Helpful	
Amiable	Considerate	Focused	Heroic	
Amusing	Charming	Funny	Honorable	
Authentic	Collaborative	Fabulous	Honest	
B	D	Forgiving	Happy	
Best...	Diligent	Fantastic	Handy	
Beautiful	Daring	Fabulous	Humorous	
Boss	Delightful	Faithful	Humble	
Bright	Determined	Friendly	I	
Brave	Dependable	Fancy	Interesting	
Brilliant	Diligent	Fascinating	Intelligent	
Beloved	Dedicated	Fearless	Inventive	
Believing	Decisive	Fashionable	Inquisitive	
Bold	Devoted	Fatherly	Insightful	
Brotherly	Deep	Fair	Incredible	
Benevolent	E	Firm	Imaginative	
C	Explorative	G	Impressive	
Cool	Educated	Great	Important	
Courageous	Excellent	Good...	Independent	
Courteous	Entertaining	Grateful	Industrious	
Creative	Eager	Generous	Ingenious	
Calm	Ethical	Gentle	Influential	
Capable	Eloquent	Genuine	Innovative	
Caring	Exciting	Grateful	Inspiring	
Clever	Endearing	Graceful	J	

K	Open hearted	Reflective	Trusting	Xuberant
Kind	Optimistic	S	U	Xtra...
Kindhearted	Outgoing	Super	Unique	Xpert
Knowledgeabl	Outstanding	Sympathetic	Unbeatable	Y
e	Organized	Sensible	Upbeat	Youthful
L	P	Selfless	Unselfish	Young at heart
Loving	Peaceful	Sincere	Understandin	Yes-to-...
Likable	Patient	Strong	g	Z
Loyal	Persuasive	Successful	Ultra...	Zestful
Legendary	Polite	Sophisticated	V	Zealous
Lively	Perky	Spectacular	Virtuous	Zany
Lovely	Perceptive	Spirited	Valuable	Zesty
Lighthearted	Perfect	Serving	Valiant	
M	Perfectly...	Sweet	Valid	
Mighty	Playful	Sporty	Versatile	
Magnificent	Pleasant	Self-	Vivacious	
Magical	Praiseworthy	controlled	Vibrant	
Mindful	Principled	Self-	Vital	
Mature	Perseverant	disciplined	Vigilant	
Memorable	Punctual	Sisterly	Visionary	
Merciful	Passionate	Skillful	Very...	
Marvelous	Q	Skilled	W	
Majestic	Qualified	T	Wonderful	
Modest	Quick	Terrific	Warm-hearted	
Mellow	Quirky	Totally...	Welcoming	
Meticulous	Quintessential	Talented	Wholesome	
Motherly	ly	Thankful	Wholehearted	
N	R	Tender	Wise	
Nice	Rad	hearted	Whimsical	
Natural	Radiant	Thoughtful	Winning	
Noble	Respectful	Triumphant	Witty	
Nifty	Reliable	Trustworthy	Well-...	
Neat	Resilient	Thorough	Worthy	
O	Respectful	Transcendent	X	
Observant	Responsible	Tremendous	Xcellent	
Original	Resourceful	Tolerant	Xhilarating	

Pet Peeves

Have you ever heard the expression “pet peeve?” _____

What do you think it means? _____

A pet peeve is a small behavior that someone does that you find particularly annoying. It doesn't necessarily annoy the other people who are nearby, and might not even be noticeable to them.

Some of the most popular pet peeves are:

- Chewing with mouth open
- Loud gum chewing
- Slurping drinks
- Cracking knuckles
- Interrupting

What is your biggest pet peeve? _____

Do you know someone who does this? _____

How do you handle it?

- ☐ Ask them nicely to stop
- ☐ Make a joke, hoping they'll get the hint
- ☐ Get upset
- ☐ Ignore it

Do you do something that is a pet peeve of a friend or family member? What is it? _____

On the back draw a picture of your pet peeve.

Gratitude

Gratitude means thankfulness. You have probably been told many times by adults that it is polite to say thank you. Maybe this frustrates you. But did you know scientists have found that being grateful can actually help your emotional and physical health?

World Gratitude Day began in Hawaii in 1965 with a group of people from all over the world who felt they should be more intentional about showing gratitude for all the good things in life. So, what are you grateful for?

People

Places

Things

Relax

Rank these popular relaxing activities in order of your personal preference:

- _____ going for a walk in nature
- _____ stretching
- _____ listening to soothing music
- _____ reading
- _____ taking a nap

What is your favorite way to relax? _____

What makes it hardest for you to relax? _____

If you had no schoolwork or chores, what percentage of your day would you want to spend relaxing? _____%

What is the most relaxing place near where you live? _____

What is the most relaxing place you have ever been to or would like to visit one day? _____

On the back, draw a picture of yourself doing something to relax.

April 2 Is Autism Acceptance Day!



Do you know anyone with autism? _____

Autism is also called Autism Spectrum Disorder. Some people just call it “being on the spectrum.” People with Autism have different learning and social challenges. Some are strongly bothered by loud noises, and may need to make certain noises or movements to feel calm again. Some people with Autism may not speak or make eye contact. This does not mean they are unintelligent. It just means that their brains work differently. Many people with Autism are extremely smart and talented. Each person with Autism is unique and has a different combination of traits.

Have you ever had someone think something about you based on one piece of information? _____

This is called making an assumption. Most people don’t like others to make assumptions about them. It’s important to not make them about others.

How can you show kindness to people with Autism?

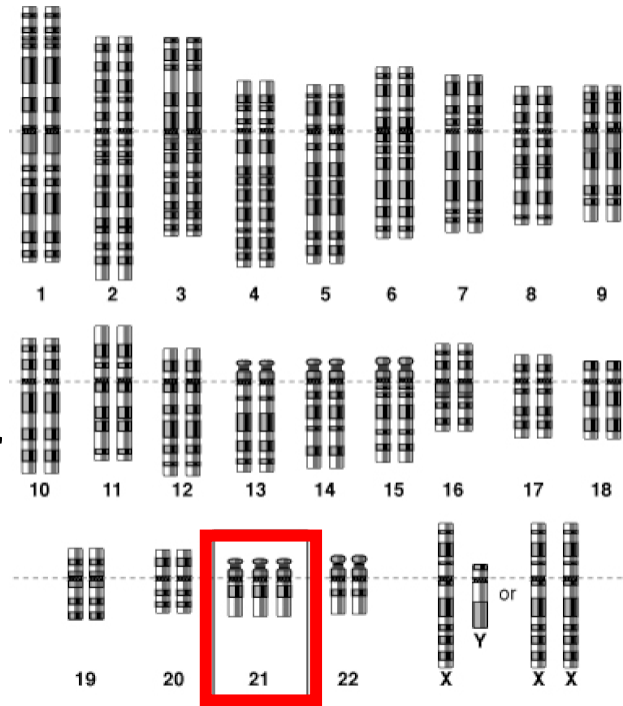
- Don’t ask someone if they have Autism because they “look” like they do. If they want to tell you, they will.
- Sometimes Autism may not be noticeable in a person. Treat all new friends as an open book, who will surprise you in many ways.
- If a child seems uncomfortable or unsure, be friendly and ask in a nice voice what they like to play and how.
- Be patient and respectful.
- Just get to know them as a person. Don’t expect them to be able to do everything you do. But also, don’t expect them to be incapable of doing everything you do.
- Remember that just because someone may communicate or act differently doesn’t mean their feelings are different from yours. They still have feelings just like you.

On the back, color in the heart with pictures of ways to show kindness.

March 21 Is World Down Syndrome Day!

Down Syndrome is also called Trisomy 21. Most people have 23 pairs of chromosomes.

Chromosomes are where your DNA is stored. This determines many things about you, such as how you look, and which health situations are most likely. People with Down Syndrome have a third chromosome on the 21st pair (that is why they are celebrated on 3-21). Just like everyone else, their DNA affects how they look, and their health.



Thanks to research and education, people with Down Syndrome are getting more opportunities than ever before. Today there are actors, athletes, entrepreneurs, artists, political activists, musicians, and designers with Down Syndrome. Do you know anyone with Down Syndrome?

If not, remember if you see someone with Down Syndrome, just smile and treat them like any other person.

Many people celebrate World Down Syndrome Day by wearing mismatched socks. If you're not wearing yours, color in the pair on the other side of this page.

