

Every Thing Matters

Doing something that seems small can make a difference. Doing it all the time for the rest of your life can make a big difference. Choose one or more of the things below and make a pledge to do them for the rest of your life.



When someone is talking to you stop what you are doing and really listen to them.



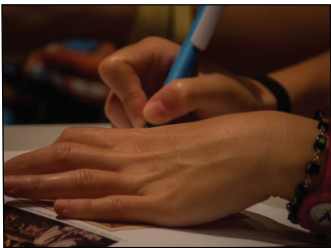
Tell your parents (or grandparents) you love them everyday.



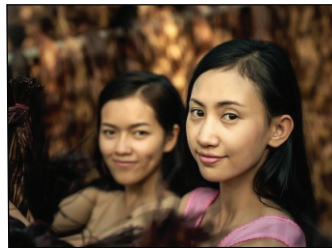
Smile. Even when you don't really feel like it.



Spend quality time with your pet.



Handwrite a letter or a thank you note to a grandparent or an older relative.



Make an effort to learn about other cultures and spend time with people different than you.



Make healthy meals for your family or for friends and neighbors.



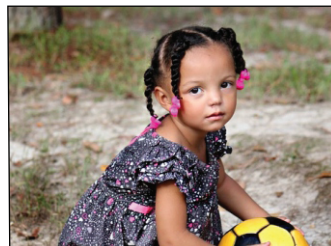
Respect and enjoy the beauty in nature. Encourage others to enjoy it with you.



Spend time with an older person. Ask about their childhood memories.



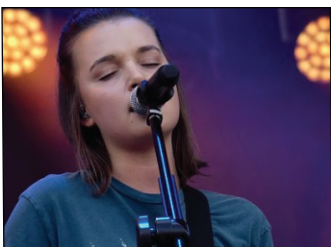
Donate to a food pantry or volunteer your time to feed the homeless.



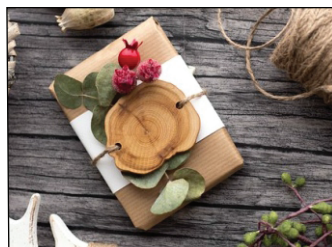
Help out a single mom by babysitting without pay.



Show respect for everyone at all times.



Sing, dance, play an instrument write poetry or paint. Share it with the world.



Give homemade gifts.



Be observant of others. Give compliments freely.



Respect the earth.