TRY IT NOW: Compliment the person sitting in front of you.

DID YOU KNOW? 780 million people in the world don’t have access to clean water.

My mood today

TALK ABOUT IT: What are you grateful for today?
DID YOU KNOW? 15% of children in Minnesota live in poverty.

My mood today

TRY IT NOW: Hug the person sitting on your left.

TALK ABOUT IT: How was your bucket filled today?

Big Hearted Families offers simple, fun activities to help families weave kindness and gratitude into their everyday routine. Visit us at DoingGoodTogether.org/BigHeartedFamilies/
DID YOU KNOW? Malnourished children suffer up to 160 days of illness each year.

TRY IT NOW: Thank the person who prepared the meal you are eating.

TALK ABOUT IT: How will you be a helper tomorrow?

My mood today

TRY IT NOW: Thank the person who prepared the meal you are eating.

Big Hearted Families offers simple, fun activities to help families weave kindness and gratitude into their everyday routine. Visit us at DoingGoodTogether.org/BigHeartedFamilies/
DID YOU KNOW? 1 in every 8 people in the world goes to bed hungry each night.

TRY IT NOW: When the meal is finished, clear the dishes for the person on your right as an act of kindness.

Talk about it: How did you show kindness today?

My mood today

TRY IT NOW: When the meal is finished, clear the dishes for the person on your right as an act of kindness.

Big Hearted Families offers simple, fun activities to help families weave kindness and gratitude into their everyday routine. Visit us at DoingGoodTogether.org/BigHeartedFamilies/
DID YOU KNOW? Most of the world’s malnourished population live in southern Asia.

TRY IT NOW: Ask the youngest person at the table how their day is going.

My mood today

TRY IT NOW: Ask the youngest person at the table how their day is going.

TALK ABOUT IT: What challenges did you face today?

Big Hearted Families offers simple, fun activities to help families weave kindness and gratitude into their everyday routine. Visit us at DoingGoodTogether.org/BigHeartedFamilies/