

MAKE A FAMILY MEMBER

FEEL LIKE A STAR

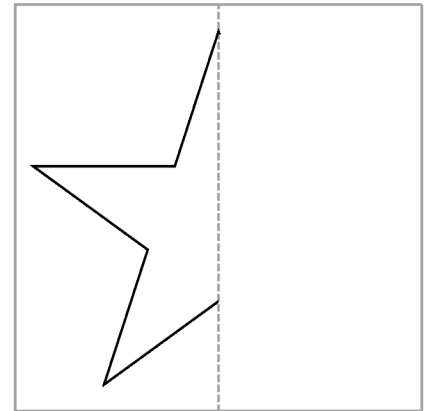
7-DAY CHALLENGE

Spread kindness with a fun challenge! Write something kind on a star and stick it on a family member's door. Do one star a day for a week, or start a "star war" to see who gives the most.

Soon, your doors will sparkle with positivity! ★

HOW TO MAKE:

No printer? Use construction paper! Fold the paper and cut out a half-star shape using a simple pattern like this:



Print pages 2-3 once for each person participating in the challenge. Use colored paper for colorful stars.

1. Cut out the stars.

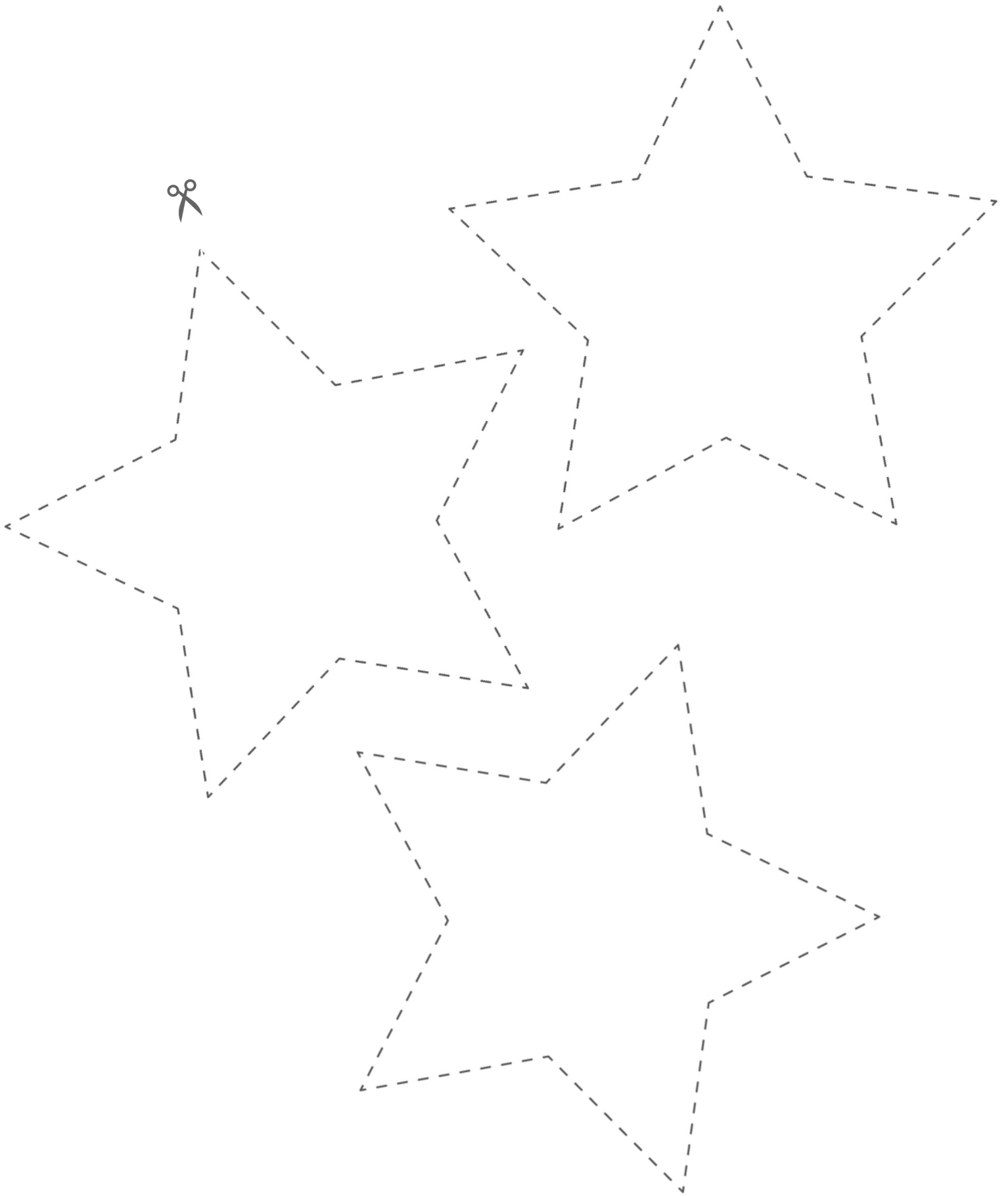


2. Write one kind thing about your family member on a star.
(See page 4 for ideas)

3. Tape it on their door where they'll see it, and it will brighten their day!







25 WAYS TO MAKE A FAMILY MEMBER FEEL LIKE A STAR

- 1. Point out something they did well on.**
"You did a great job on _____."
- 2. Appreciate their help.**
"Thanks for helping me with _____."
- 3. Show them you notice what they know.**
"You know a lot about _____."
- 4. Let them know they did something cool.**
"That _____ you did was awesome!"
- 5. Recognize their humor.**
"It was really funny when _____."
- 6. Remind them of past successes.**
"Remember when you _____?"
- 7. Focus on their generosity.**
"Thanks for sharing _____."
- 8. Admire their creativity.**
"That _____ you made was so creative."
- 9. Appreciate their kindness.**
"Thanks for letting me _____."
- 10. Highlight their skills.**
"You've got incredible _____ skills."
- 11. Appreciate a shared memory.**
"I had fun when we _____."
- 12. Notice their courage.**
"You were brave when _____."
- 13. Celebrate their teamwork.**
"You were a great helper when we _____."
- 14. Value shared interests.**
"I like it when we _____ together."
- 15. Appreciate their suggestions.**
"You had a great idea for _____."
- 16. Express thanks for their company.**
"I'm glad you came with me to _____."
- 17. Notice their thoughtfulness.**
"You helped me feel better when _____."
- 18. Compliment their style.**
"I like how you _____."
- 19. Notice their problem solving.**
"It was cool how you figured out _____."
- 20. Celebrate when they stick with it.**
"You didn't give up when _____."
- 21. Admire how they're growing.**
"You're getting better at _____."
- 22. Celebrate a recent win.**
"Congratulations on _____."
- 23. Notice their positive character traits.**
"You have a very _____."
- 24. Encourage their positivity.**
"You always make me smile when _____."
- 25. Thank them for their thoughtfulness.**
"Thanks for remembering to _____."

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-Krista

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