Join a community of kids who are making the world a better and brighter place. TFK Service Stars know that even the smallest actions can make a big impact.

MISSION OF THE MONTH:

PROMOTE WELLNESS

We all struggle with health issues sometimes, from inconvenient colds to more-serious conditions. When a person is feeling unwell, physically or mentally, even a small gesture of care can mean the world. We want to feature kids who are helping others feel better. How will you make an impact? You don’t have to become a surgeon or develop a lifesaving medicine to make a big difference to someone in need.

NEED INSPIRATION?

● Reach out to a friend or classmate who seems lonely. How can you help them feel connected?
● Collect toys and donate them to a children’s hospital. What toys will you get?
● Volunteer with a trusted adult at a nursing home. How will you spread cheer?
● Collect first-aid materials and donate them to a shelter or school. What items are most needed?
● Thank frontline workers by hanging appreciation flyers in your community. Where will you put them?
● Make art to decorate waiting rooms at medical offices. What will brighten someone’s day?

Need help getting started? Talk to an adult or a friend to find an idea that feels right for you.

HOLIDAY CHALLENGE

It’s a great time for giving, whether you’re donating items to a toy drive or time to a food pantry or a friend in need. This holiday season, how will you give? Gather friends and classmates, and make a plan to make a difference.

As a special extra challenge, think of someone who helped you this year. Is it a teacher? A friend? Someone in your community? Find a way to thank them. Write a note. Draw a picture. Tell them directly. There are endless ways to express gratitude. Choose the one that’s best for you.

TELL US ABOUT IT!

We want to hear all about your efforts to help others. Write to us at tfkeditors@time.com for a chance to be featured in TIME for Kids.