



BE A SERVICE STAR

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?

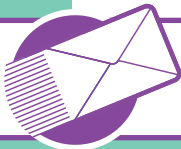
Need help getting started? Talk to an adult or a friend to find an idea that feels right for you.

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.

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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.