



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: 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. It's important to help 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.

STARS SHINE BRIGHTER TOGETHER

Gather classmates, and make a plan to show your gratitude. Who in your community helps you? Is it a teacher? A friend? As a group, find a way to thank them. Write notes. Draw pictures. Tell them directly. There are endless ways to express gratitude and brighten someone's day.

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TELL US ABOUT IT!

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