



LIGHT 'EM UP isn't just a mission for families to carry out together on the weekends. Teachers can help spread the joy in the classroom, too! Use the ideas below to start children thinking about putting others first instead of themselves.

- Play with someone you don't usually play with.
- Make a card for a friend during writing time. Tell them why they are special.
- Pick up trash wherever you see it, without being asked.
- Give someone an honest compliment.
- Say thank you every chance you can. (Be sure that children understand why!)
- Only let kind words come out of your mouth.
- Help a person carry something.
- Write a thank you card to a helper at school (room mother, teacher's aid, school nurse, etc.).
- Give someone in a different class a sticker (provided by the teacher).
- Make eye contact and smile!
- Make paper flowers for a school helper... or for Mom!
- Ask someone how you can help them today.
- Help a friend clean his or her desk area.
- Say "hello" to someone you don't usually talk to.
- Throw away someone else's trash in the cafeteria.
- Learn someone's name from a different class and play with them at recess.

To learn more about Light 'Em Up, please visit [www.CourtneyDeFeo.com](http://www.CourtneyDeFeo.com).

GET OUT THERE AND  
LIGHT 'em UP!

