



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.

- Create a "Light Em Up" jar and place simple ideas that are age appropriate in the jar. Allow students to randomly chose an act of kindness and allow them to complete the act.
- Make a thank you card for the custodians and help them out by picking up the classroom.
- Give a teacher who is feeling down a special treat and a sweet note (teacher can provide, allow students to deliver).
- Help the school office staff deliver or sort mail for teachers.
- Give hand warmers to the safety patrol (teacher can provide, but allow students to write a quick note and deliver).
- Tell someone you are thankful for them and let them know why.
- Bring a piece of trash in from the playground and throw it away.
- Make cards for the lunchroom ladies to show that you are thankful for all they do.
- Make thank-you cards for community helpers.
- Create a "Note-Nook" in your classroom, provide students with the materials they need to write notes to different people in the school or other peers.
- Have kindness talks and allow students to give you their ideas for spreading kindness in love, you'll be surprised at what their little minds can come up with.

Classroom ideas from Jennifer Green of LifeInTheGreenHouse.com.

For more information on Light 'Em Up, visit CourtneyDeFeo.com or search #LightEmUpActs.

GET OUT THERE and LIGHT 'em UP!

