

Name: _____



Build a Better Day



No Money Allowed

You have zero dollars and one day.
Your challenge is to make somebody's day better.
What will you do?



You can't use money, but you can use...

- ♥ Attention
- ♥ Kindness
- ♥ Humor
- ♥ Help
- ♥ Time
- ♥ Encouragement
- ♥ Creativity
- ♥ Companionship

1

Who?

Who will you do something nice for?



2

What will I do?

What will you do to make their day better?



3

Why might it matter?

Why do you think this could make a difference in their day?



4

How will I know it helped?

What might you see, hear, or feel that lets you know it made their day better?



My Plan

Put it all together! Write or draw a quick plan for your Better Day idea. You can also add pictures.



Reflection



How did it feel to plan a way to make someone's day better?

What did you learn?

How could you do this again?

Good Tidings, where reading feels like fun. ♥