

DID YOU KNOW? 780 million people in the world don't have access to clean water.

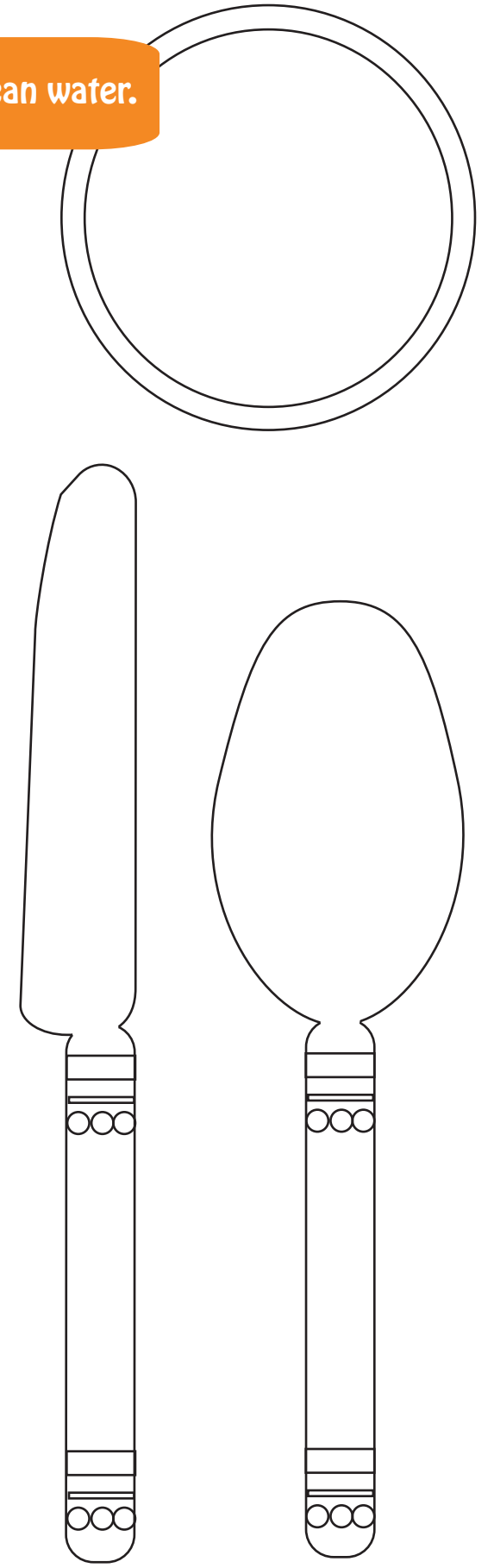
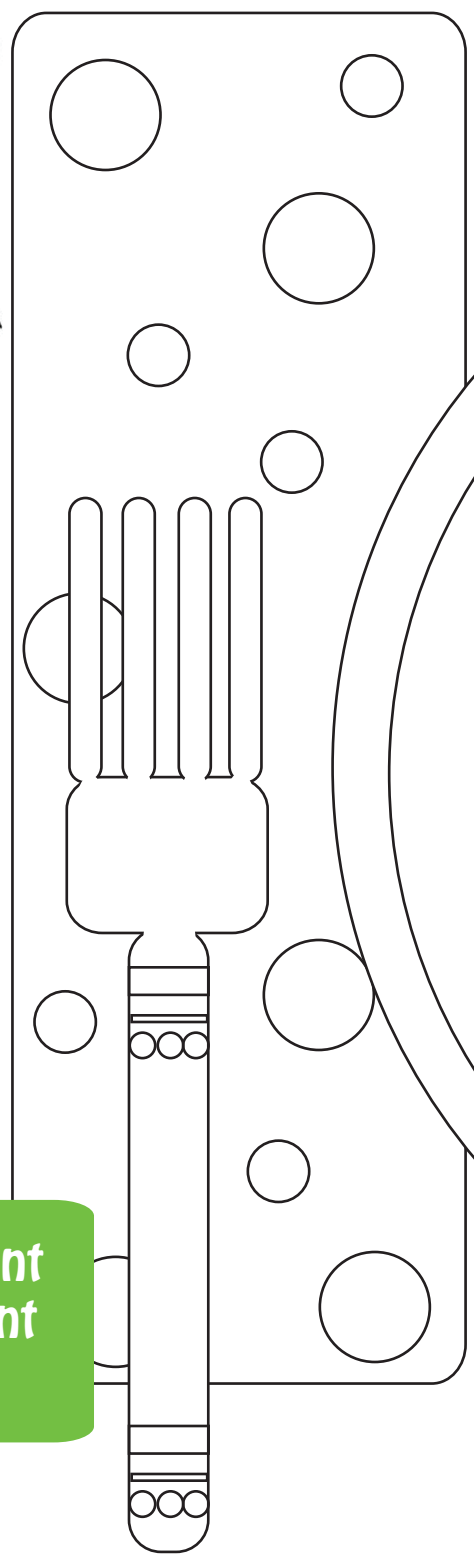


My mood today



TRY IT NOW: Compliment the person sitting in front of you.

TALK ABOUT IT: What are you grateful for today?



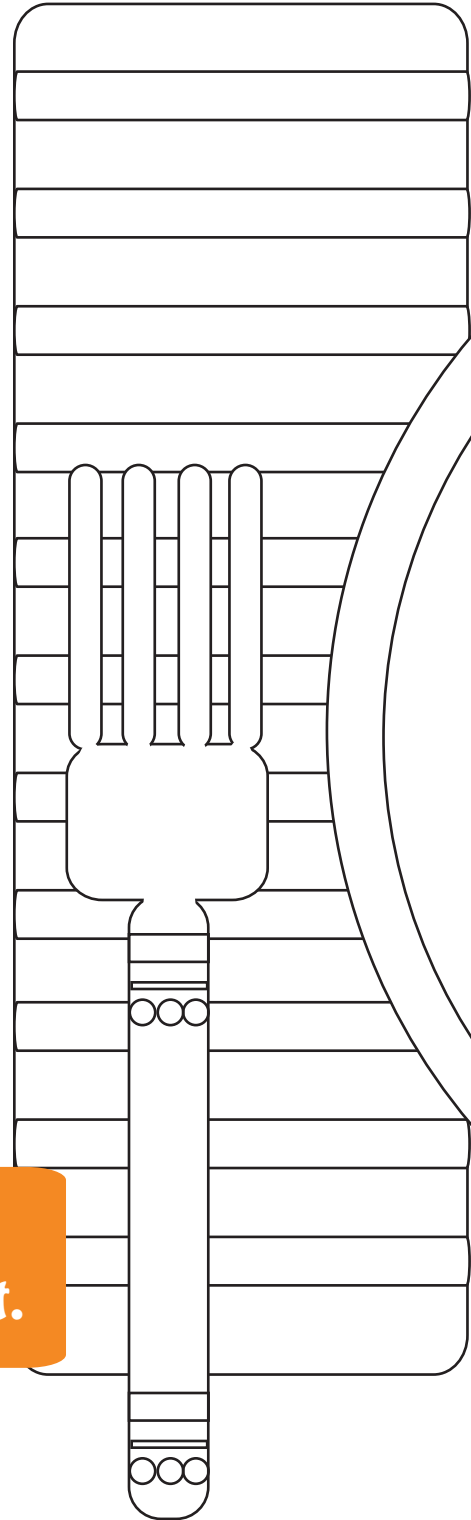
DID YOU KNOW? 15% of children in Minnesota live in poverty.



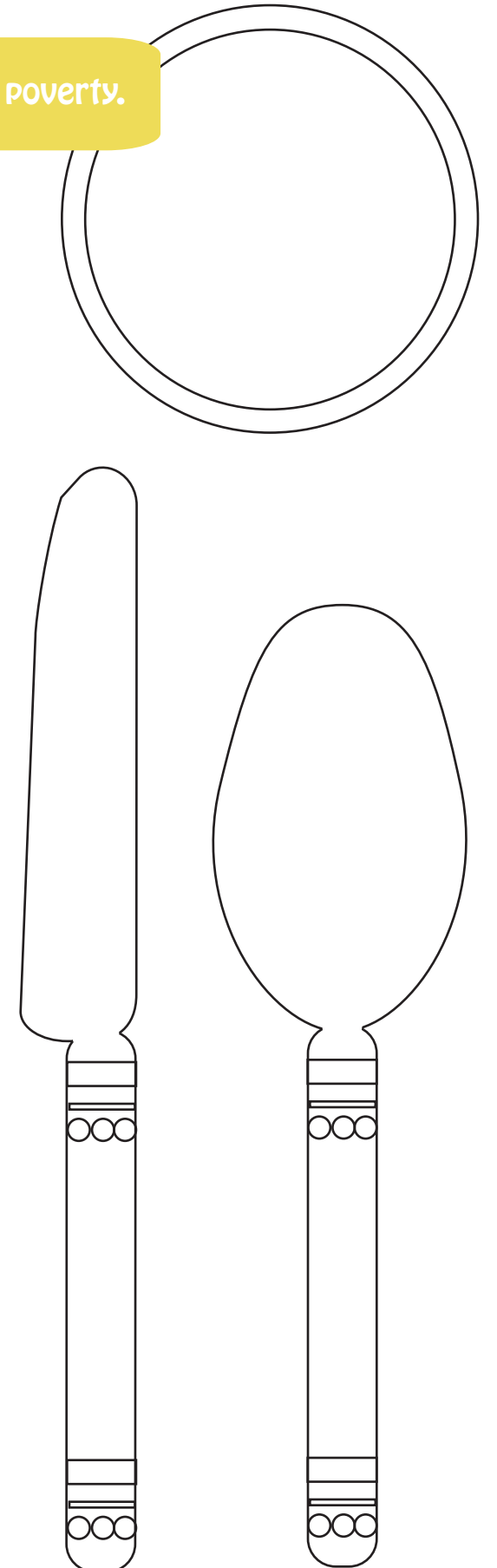
My mood today



TRY IT NOW: Hug the person sitting on your left.



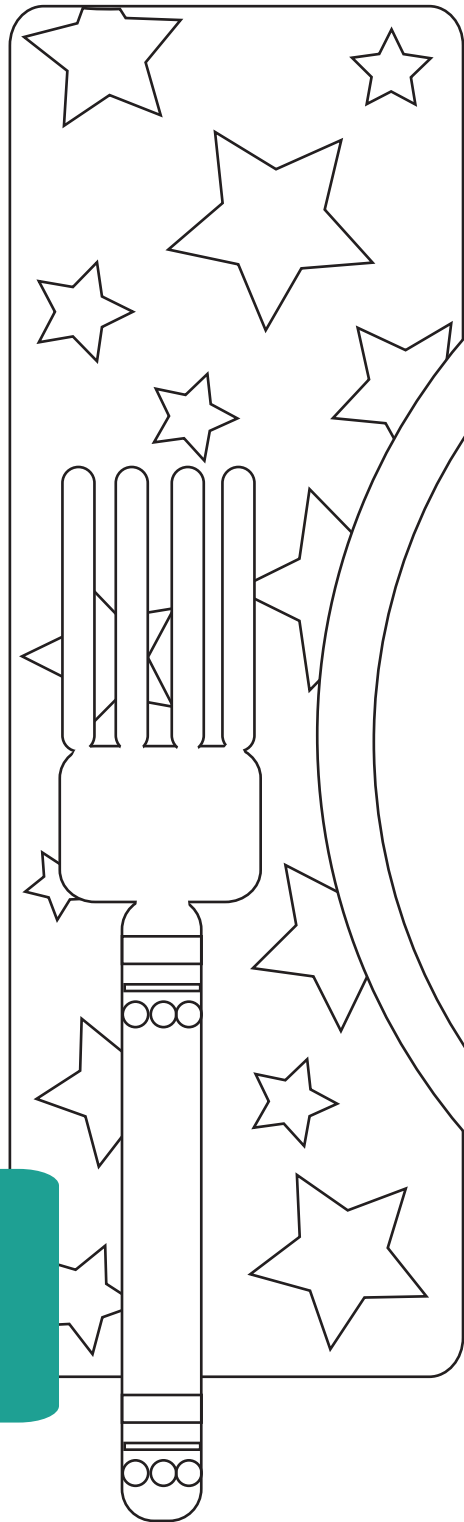
TALK ABOUT IT: How was your bucket filled today?



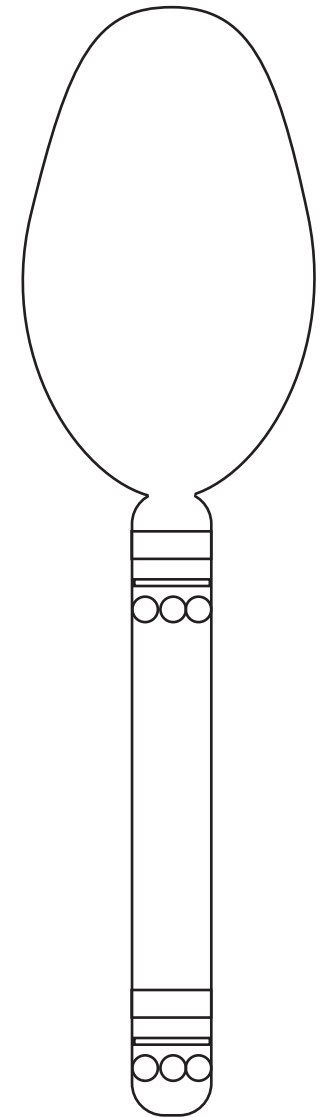
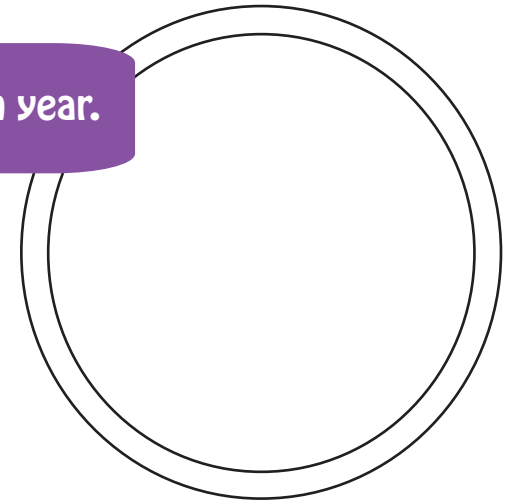


DID YOU KNOW? Malnourished children suffer up to 160 days of illness each year.

My mood today



TALK ABOUT IT: How will you be a helper tomorrow?



TRY IT NOW: Thank the person who prepared the meal you are eating.



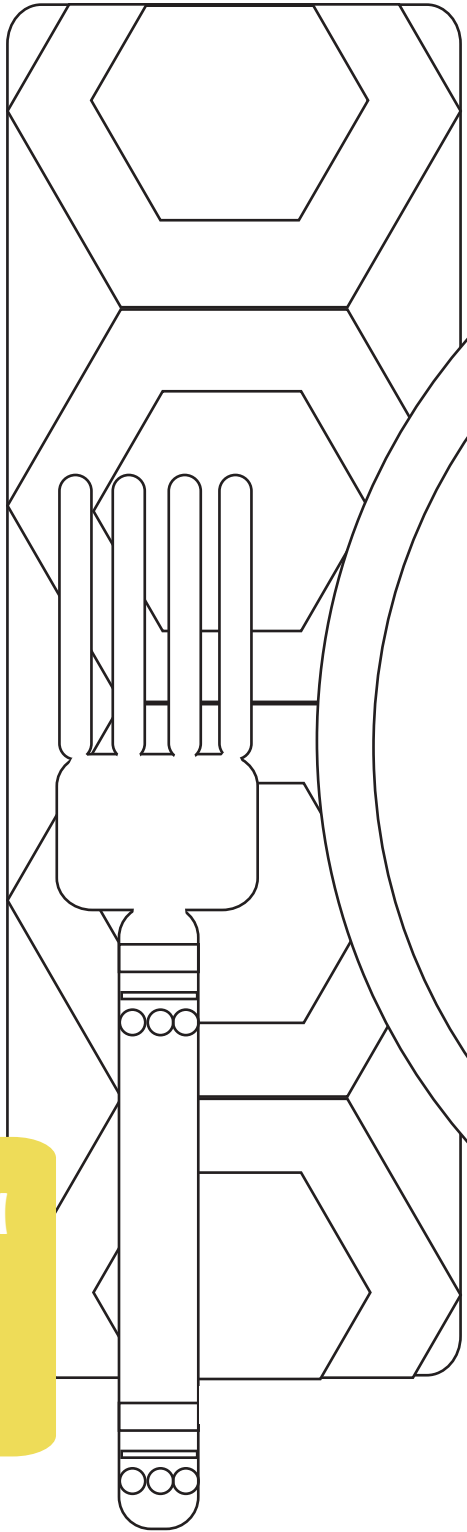
DID YOU KNOW? 1 in every 8 people in the world goes to bed hungry each night.



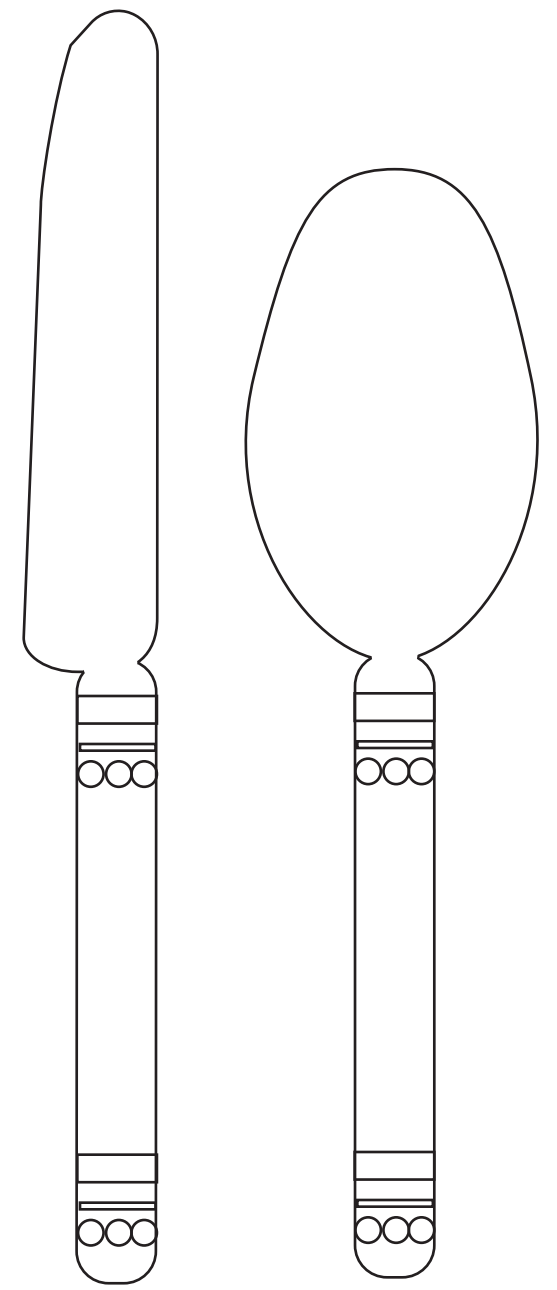
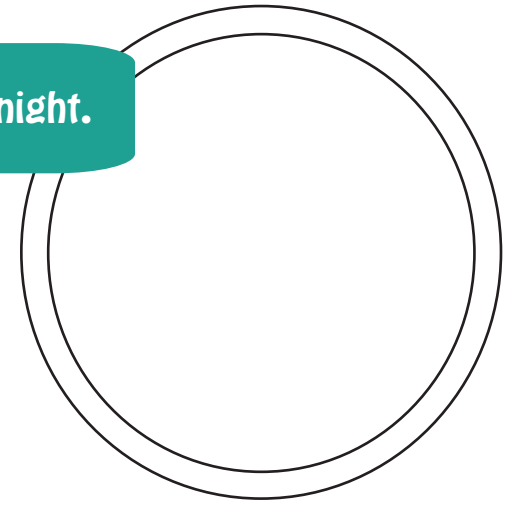
My mood today



TRY IT NOW: When the meal is finished, clear the dishes for the person on your right as an act of kindness.



TALK ABOUT IT: *How did you show kindness today?*



DID YOU KNOW? Most of the world's malnourished population live in southern Asia.



My mood today



TRY IT NOW: Ask the youngest person at the table how their day is going.

TALK ABOUT IT: What challenges did you face today?

