

Make 2009 the best year yet by making a few changes. If you do not normally say “hello” or smile at others, this practice can be challenging at first. In 2009, make greeting others with a smile a *habit* and you might be surprised how much happier you’ll become. Here are some other things to try as well.



- When you can't sleep, you've probably heard “count sheep!” The next time you're unable to sleep, think of all the things you have that others may not – family, friends, pets, toys, food, good grades, nice teachers, and a place to sleep to name just a few. Sometimes we focus on the things we don't have instead of all the things we do have.
- When you do something for someone else, it often makes you feel better about you. The next time you see a classmate struggling, ask how you can help. Even if the student tells you they don't need your help, you will feel good about the offer.
- Hold the door open for someone or offer to help with a heavy load someone is carrying.
- The next time you write an email, begin with the word “Hi.” It's a friendly word and will most likely receive a reply.
- Have you ever been surprised to learn that someone you thought you disliked was really likeable? Get to know someone new and they could very well become a good friend.
- The simple things matter. When someone does something for you, say “Thank you!” The next time a cafeteria worker hands you a tray, say “Thank you!” and see what happens. If you continue to do this, the worker may soon begin to smile just upon seeing you enter the lunch room.



- Courtesy and good humor start at home. Remember your family. You still need to use manners by saying, “Thank you,” “please,” and “your welcome.”

Did you know that smiling has been shown to actually make you feel better? The 2009 Challenge: You must say “hello” or “hi” to at least three people a day (usually a smile goes right along with your greeting).

# Word Search



J N K B I G I T Q Q A P S  
D K I S R E N N A M U D U  
P L V H F J L K S J X R X  
N I Y L D N E I R F J K T  
O A H E T A M S S A L C I  
K M E U U Y K M F A T P B  
B E L I Z N I Z N X P R A  
W S L V A L H Q C D G B H  
N K O H E S U R P R I S E  
M R T D R Q Z Y C Z B N W  
L I K E A B L E Q O A H M  
B E M O V Y L I M A F T P  
K M R E V W P Y P P A H F

classmate

email

family

friendly

habit

happy

hello

likeable

manners

smile

surprise

thanks