

CINE BRILES -YOU JOYNA









- Next time you have some success, reward yourself by giving to others!
- Rather than just buying yourself an ice cream or a new pair of shoes to celebrate, share your happiness with someone else in need.
- Choose a charitable activity and donate your money or time. Giving to others not only makes someone else happy, it will bring you joy too!

Our first instinct when we achieve a goal is to celebrate! We reward ourselves for a job well done. How about next time you celebrate a little bit differently?

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This activity is designed to illustrate to your child that helping others can make you happy too!