



# SPREAD LOVE CHALLENGE

Make cards for hospitalized children.

**HELP AROUND YOUR HOUSE WITHOUT  
BEING ASKED.**

Leave a small note of appreciation for a 'helper' in your community.

**Donate used books to your library.**

**Do a small act of service for a neighbor.**

Write and share small, encouraging notes or 'Heart Ambush' someone  
you care about.

**Play the 'I Love You' game.**

Make valentines/ notes of appreciation for friends and  
family.

**Donate to your local food bank.**

**Focus on being kind today!**

Write down things you love about yourself then do something  
that makes you happy.

Call or send 'Happy mail' to someone you  
love and haven't talked to in a while.

**Start a recycling bin or donation bin.**

**MAKE TREATS AND SHARE THEM WITH NEIGHBORS.**



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Books that Teach About

# SPREADING LOVE &

Making a Positive Impact In Your Community

♥ **“Who Will I Be?”** by Abby Huntsman and Joanne Lew-Vriethoff

♥ **“Ordinary Mary’s Extraordinary Deed”** by Emily Pearson and Fumi Kosaka

♥ **“Somebody Loves You Mr. Hatch”** by Eileen Spinelli and Paul Yalowitz

♥ **“The Thank You Book”** by Mo Willems

♥ **“Maybe Something Beautiful”** by F. Isabel

Campoy & Theresa Howell

♥ **“Chester Raccoon and the Big Bad Bully”** by

Audrey Penn & Barbara Leonard Gibson

♥ **“Extra Yarn”** by Mac Barnett & Jon Klassen

♥ **“Swimmy”** by Leo Lionni

♥ **“Miles of Smiles”** by Karen Kaufman Orloff &

Luciano Lozano

♥ **“Love Is”** by Diane Adams and Claire Keane

♥ **“The Big Umbrella”** by Amy June Bates and

Juniper Bates

♥ **“The Smallest Girl in the Smallest Grade”** by

Justin Roberts & Christian Robinson

♥ **“Strictly No Elephants”** by Lisa Mantchev

♥ **“The Curious Garden”** by Peter Brown

♥ **“Hooray for Hat”** by Brian Won

♥ **“Be a Friend”** by Salina Yoon

♥ **“Be Kind”** by Pat Zietlow Miller and Jen Hill

♥ **“A Hat for Mrs. Goldman”** by Michelle Edwards

and G. Brian Karas

♥ **“What Can a Citizen Do?”** by Dave Eggers and

Shawn Harris

♥ **“It Came in the Mail”** by Ben Clanton

♥ **“Super Manny Cleans Up”** by Kelly DiPucchio and

Stephanie Graegin

♥ **“Good Morning Neighbor”** by Davide Cali and

Maria Dek

♥ **“One”** by Kathryn Otoshi

♥ **“The Rainbow Fish”** by Marcus Pfister and J Alison

James

♥ **“The Invisible Boy”** by Trudy Ludwig and Patrice

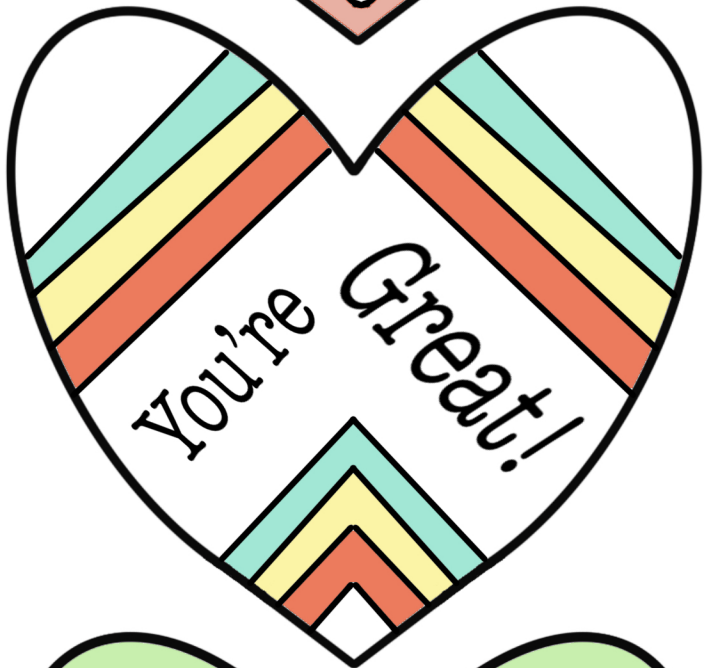
Barton

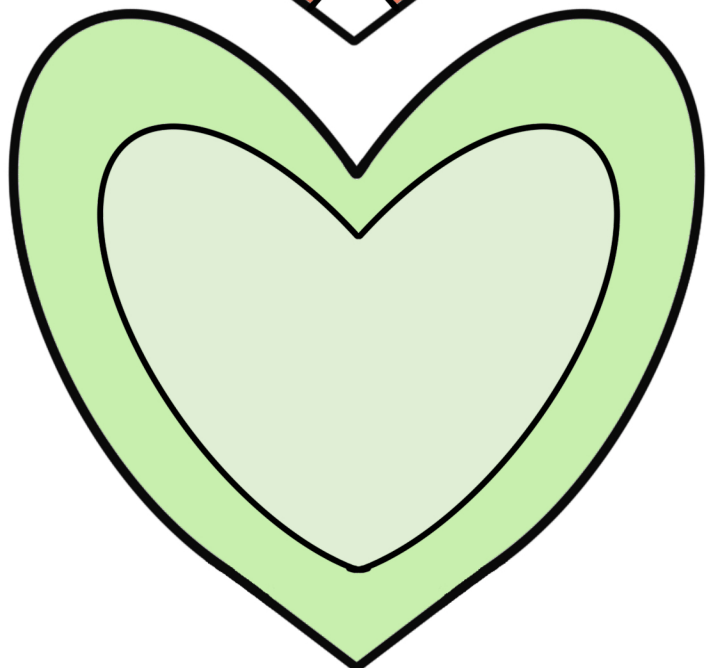
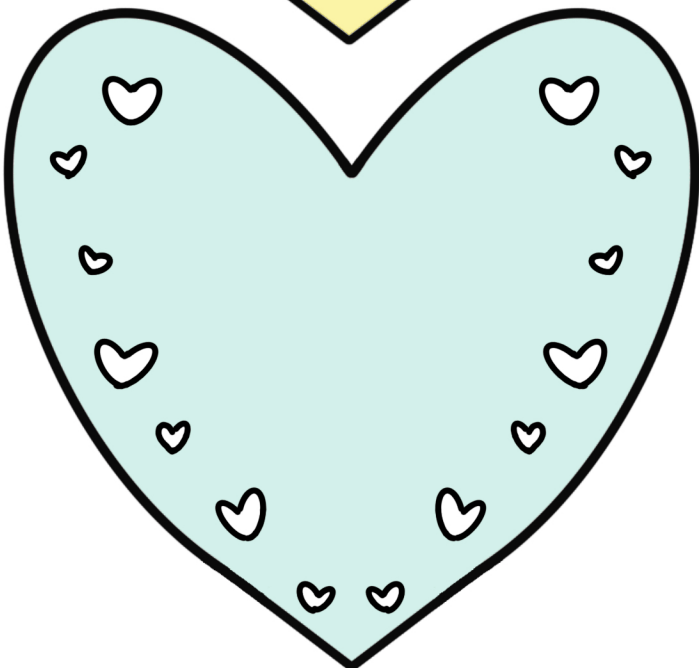
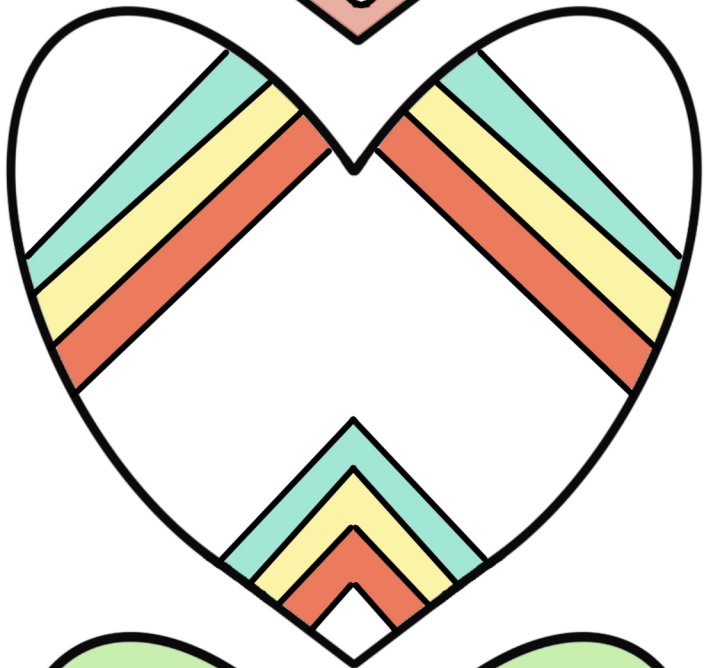
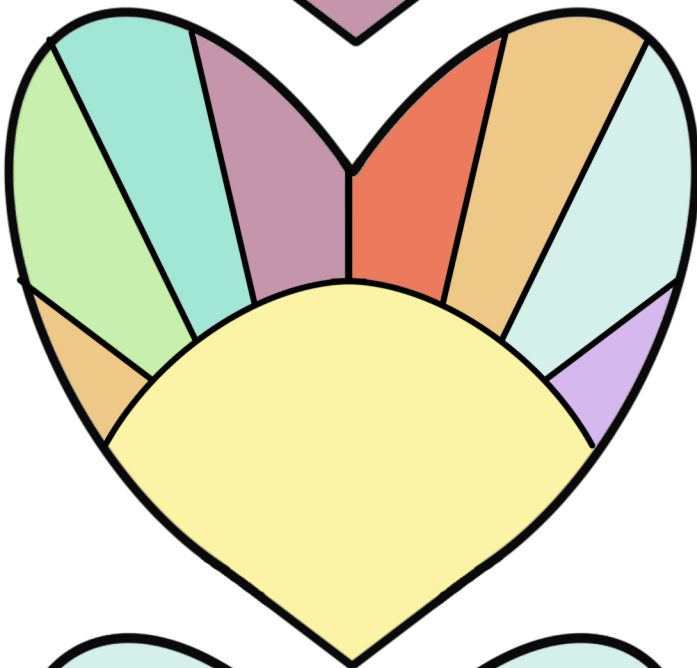
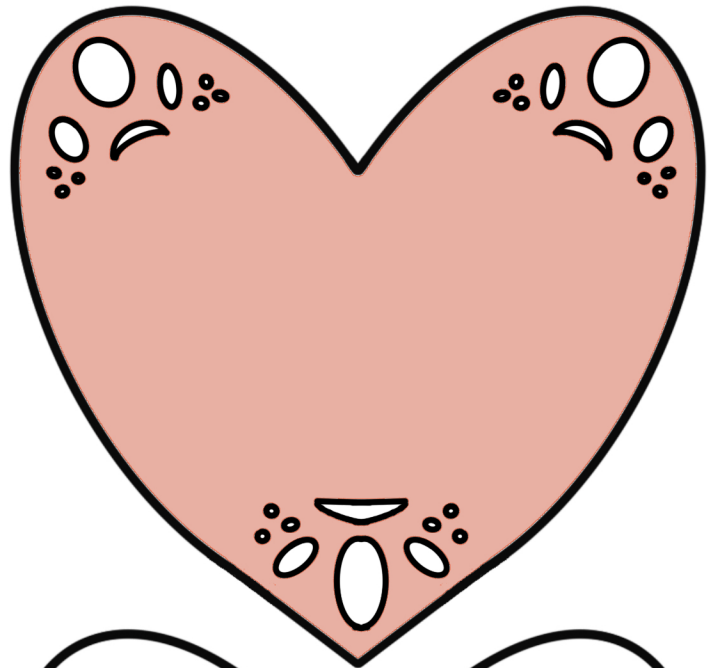
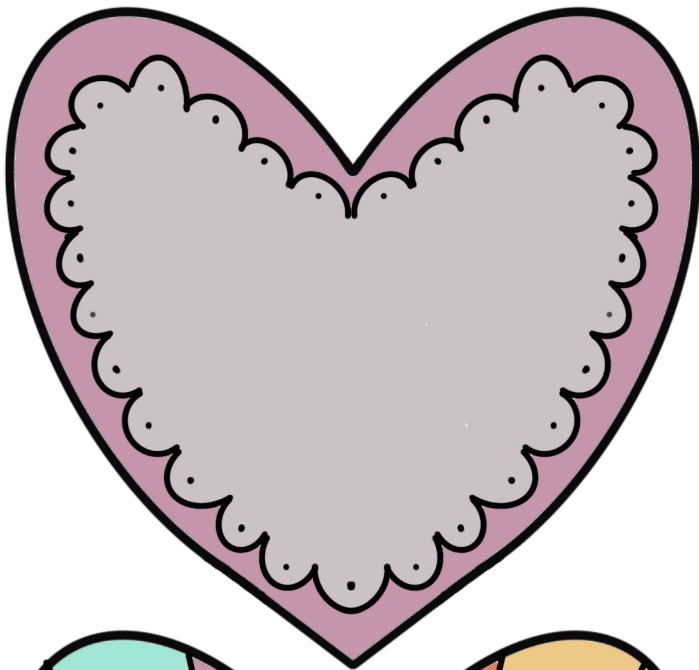
- ♥ **“Rain!”** by Linda Ashman and Christian Robinson
- ♥ **“I Walk with Vanessa”** by Kerascoët
- ♥ **“My Little Gifts”** by Jo Witek and Christine Roussey
- ♥ **“What Do You Love About You”** by Karen Lechelt
- ♥ **“Everyone’s Welcome”** by Patricia Hegarty and Greg Abbott
- ♥ **“The Thank You Book”** by Mary Lyn Ray and Stephanie Graegin
- ♥ **“The Love Letter”** by Anika Aldamuy Denise and Lucy Ruth Cummins
- ♥ **“Tiny Acts of Kindness”** by Thuy Ha
- ♥ **“A Day So Gray”** by Marie Lamba and Alea Marley
- ♥ **“When Charlie Met Emma”** by Amy Webb and Merrilee Liddiard
- ♥ **“Plant a Kiss”** by Amy Krouss Rosenthal and Peter H. Reynolds
- ♥ **“We are All Wonders”** by R.J. Palacio
- ♥ **“Try a Little Kindness”** by Henry Cole
- ♥ **“She Persisted”** by Chelsea Clinton and Alexandra Boiger
- ♥ **“Adrian Simcox Does Not Have a Horse”** by Marcy Campbell and Corinna Luyken
- ♥ **“The Jelly Donut Difference”** by Maria Desmondy and P.S. Brooks
- ♥ **“Chicken Sunday”** by Patricia Polacco
- ♥ **“What Happens Next”** by Susan Hughes and Carey Sookocheff
- ♥ **“The Buddy Bench”** by Patty Brozo and Mike Deas



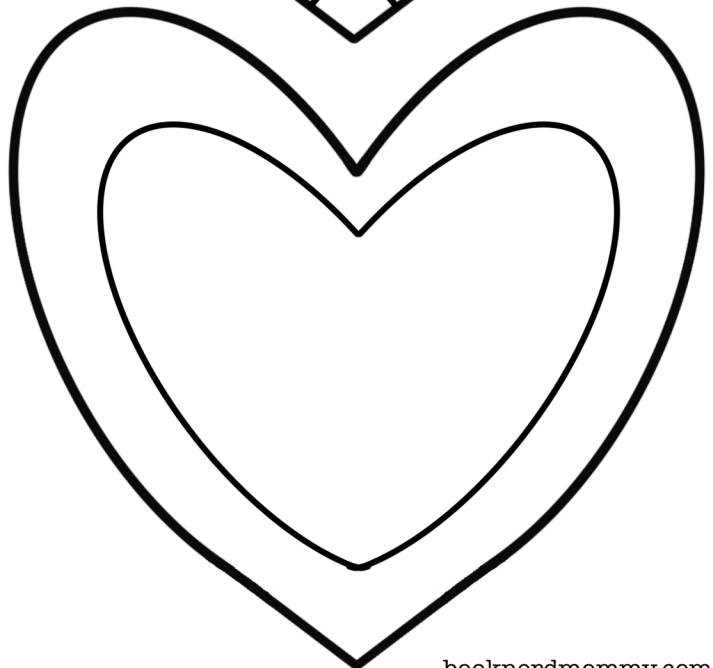
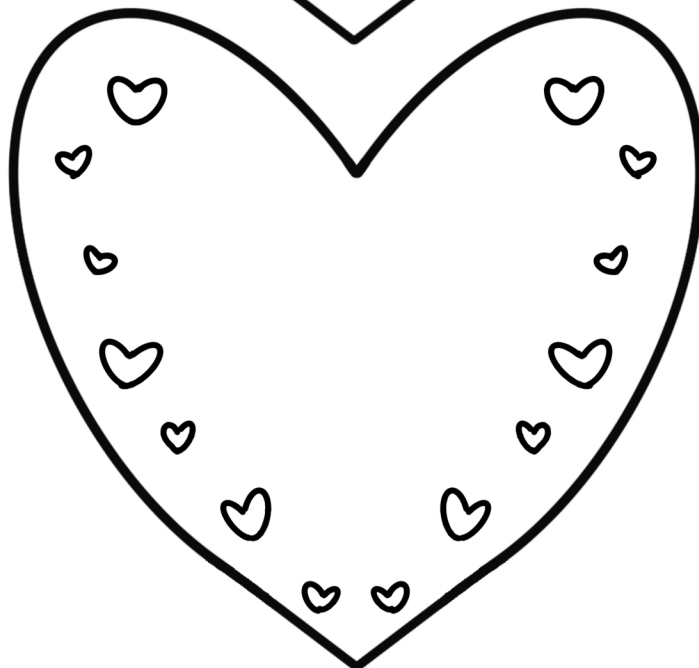
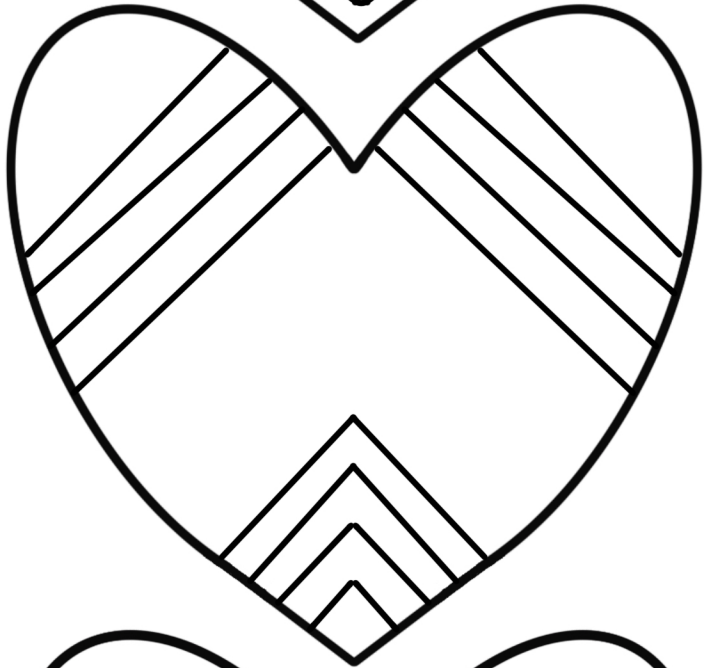
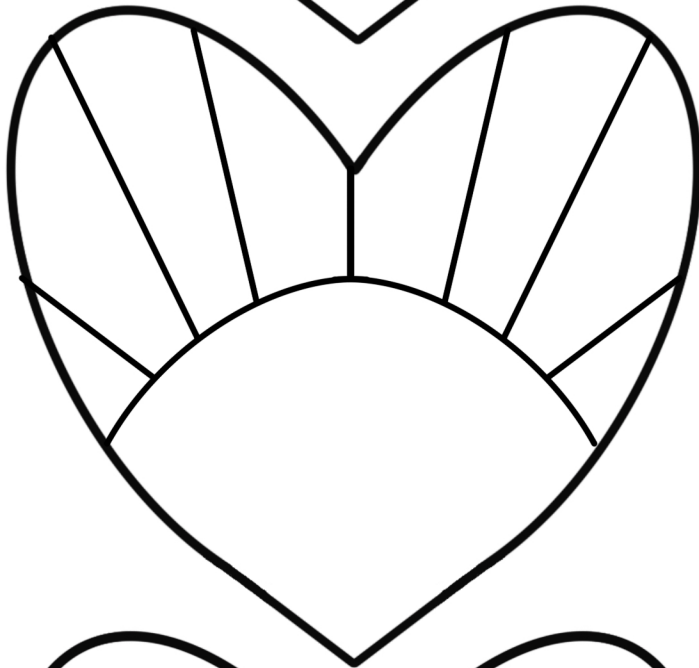
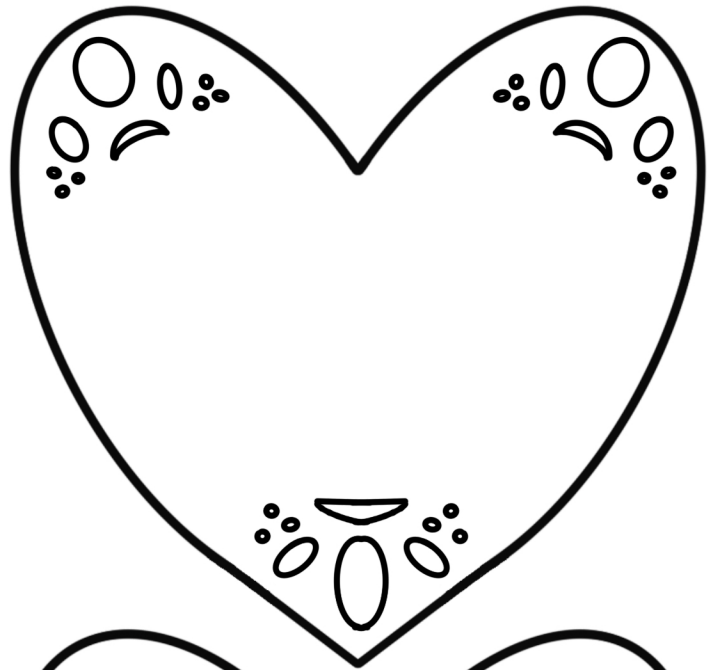
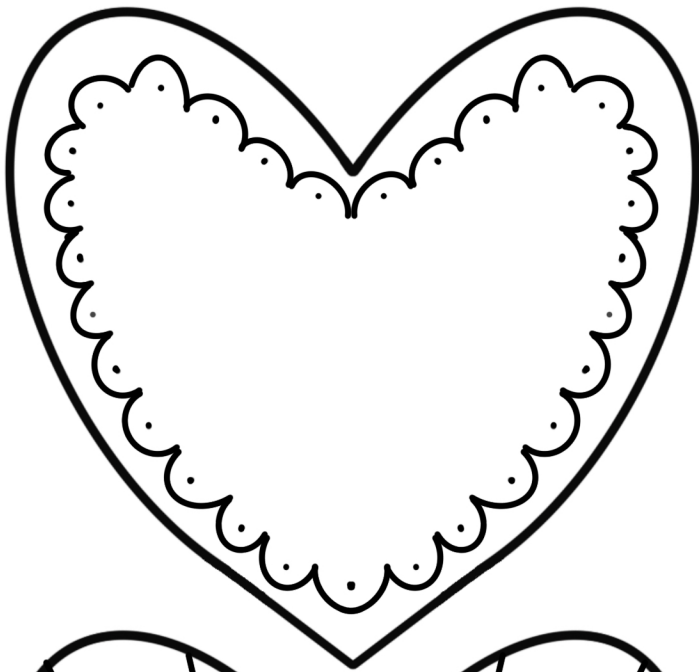
♥ **“My Friend Maggie”** by Hannah E. Harrison

♥ **“Edmond, The Thing”** by Astrid Desbordes and Marc Boutavant









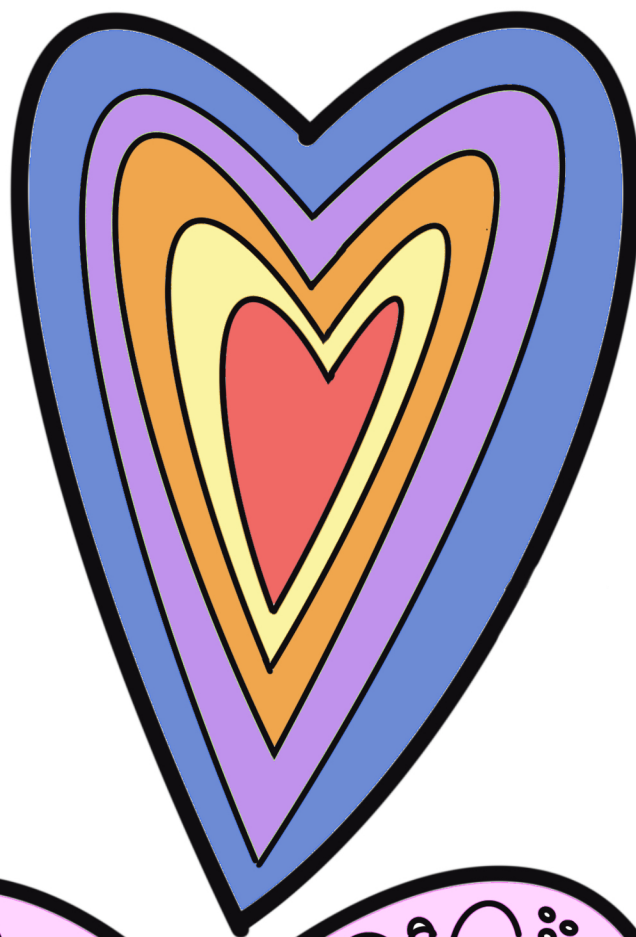


YOU'VE BEEN

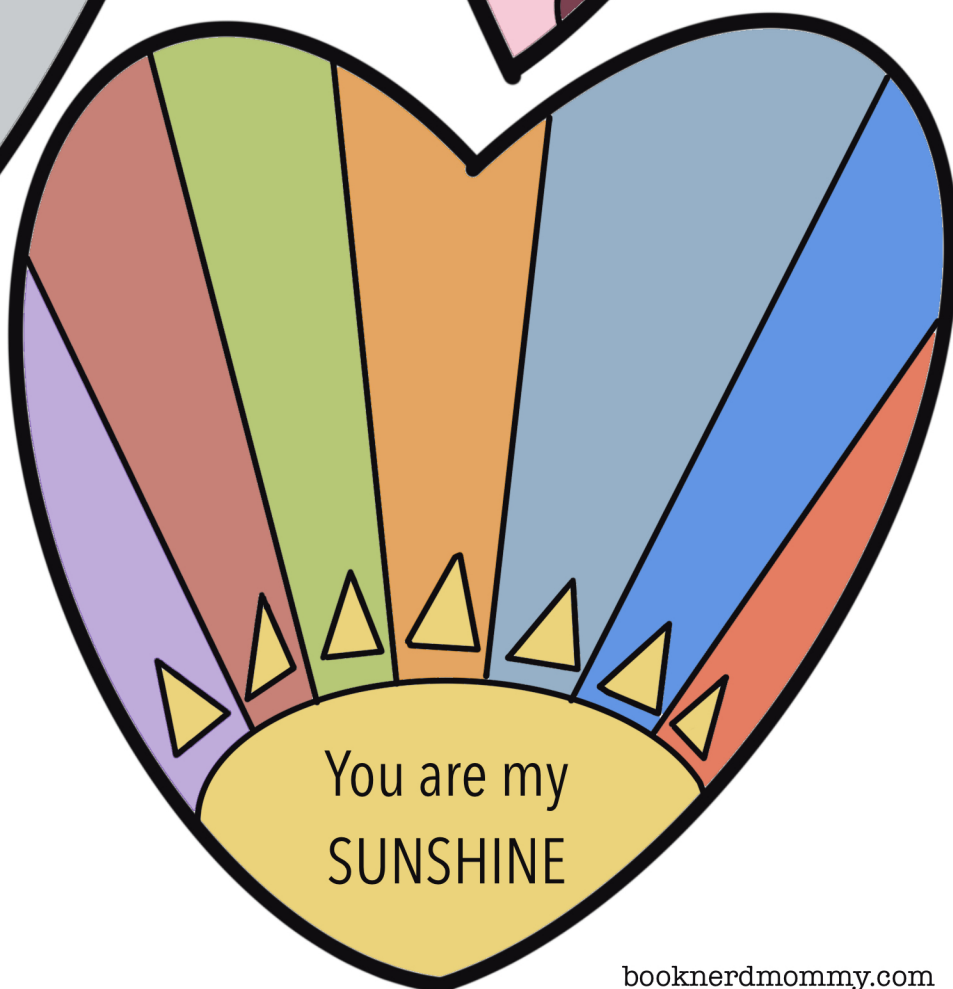
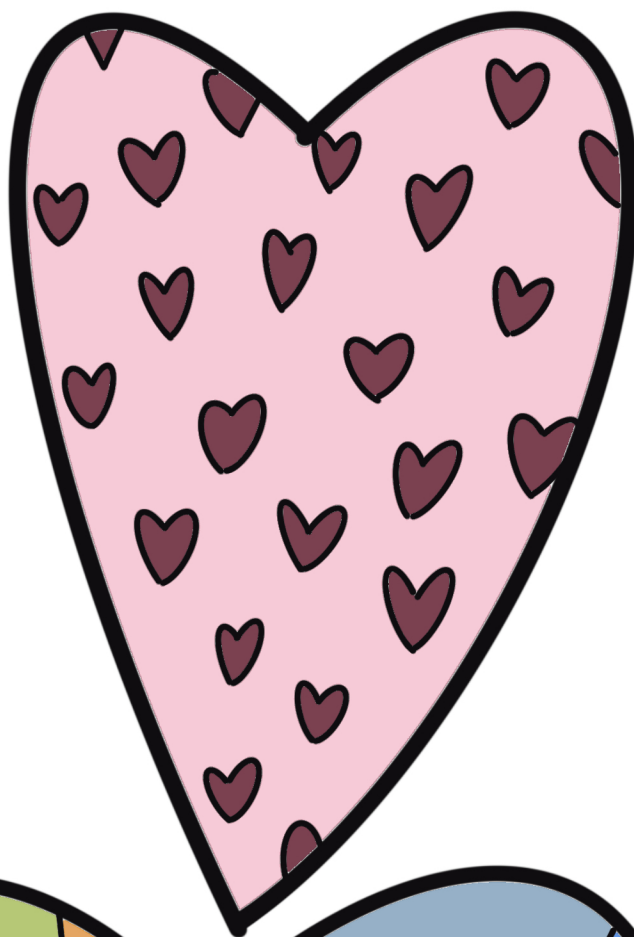
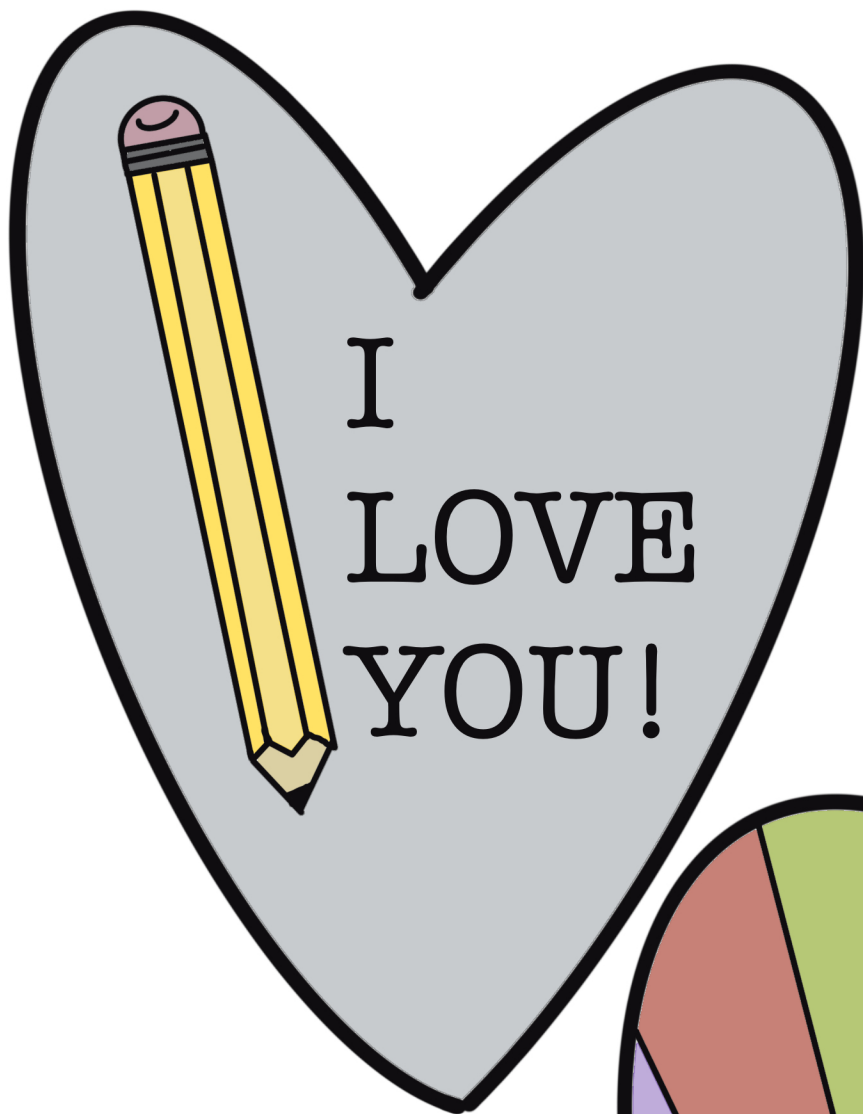


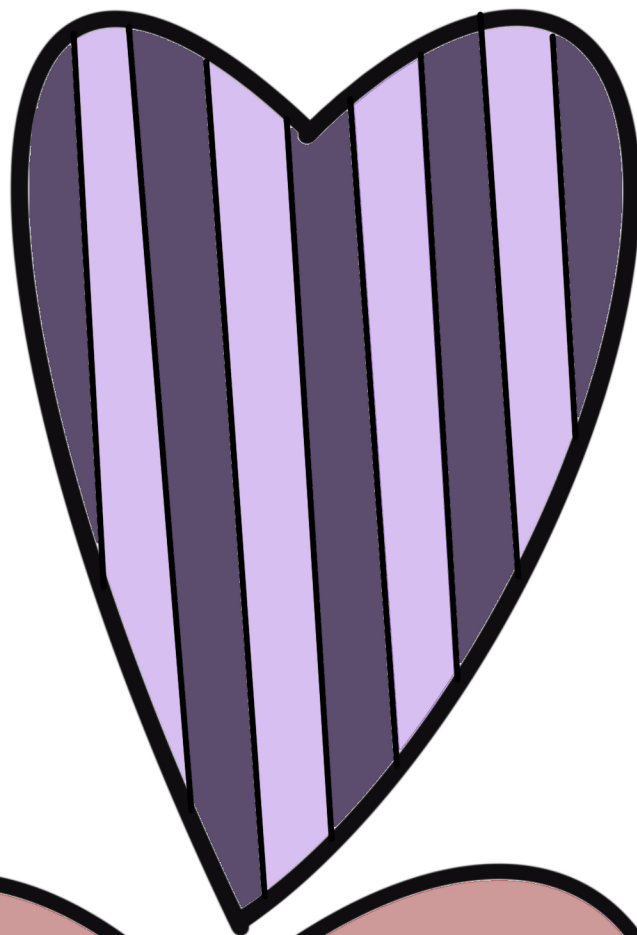
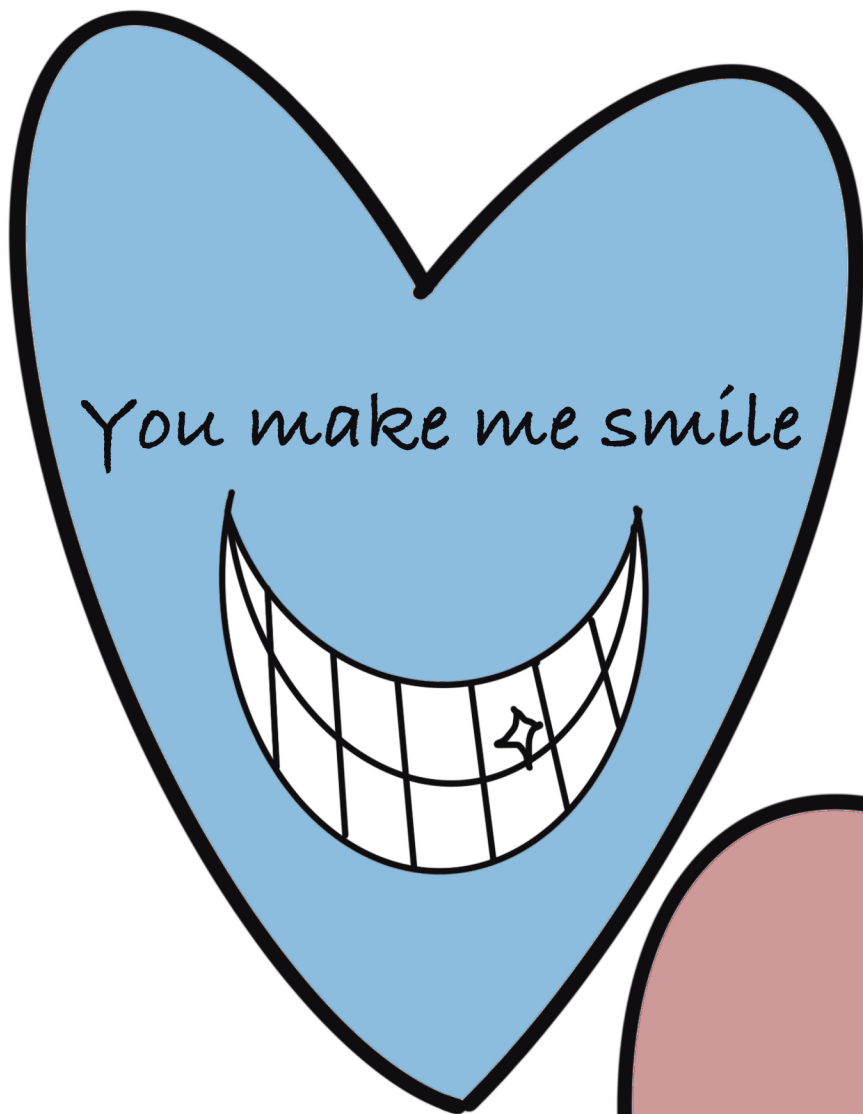
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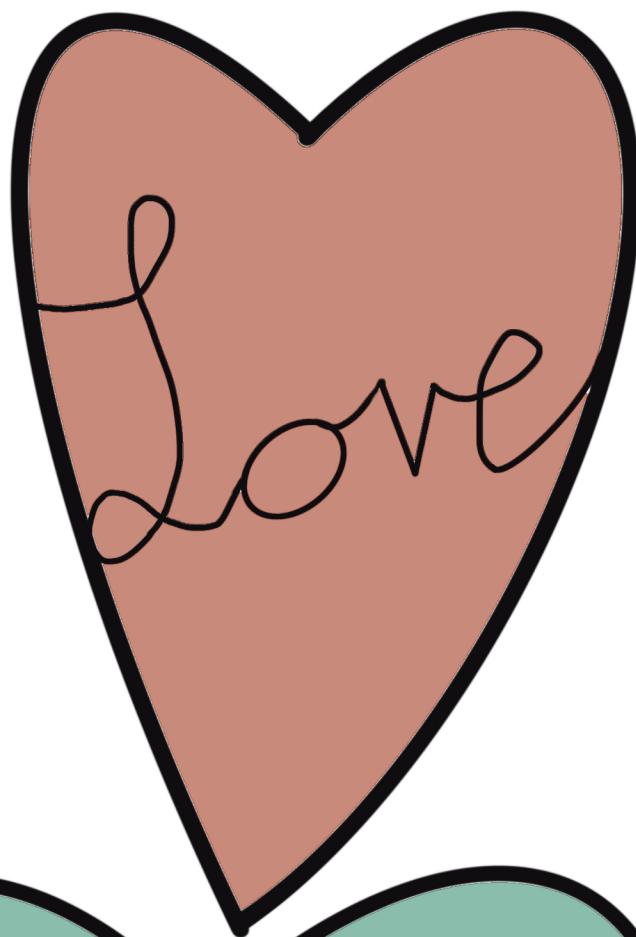




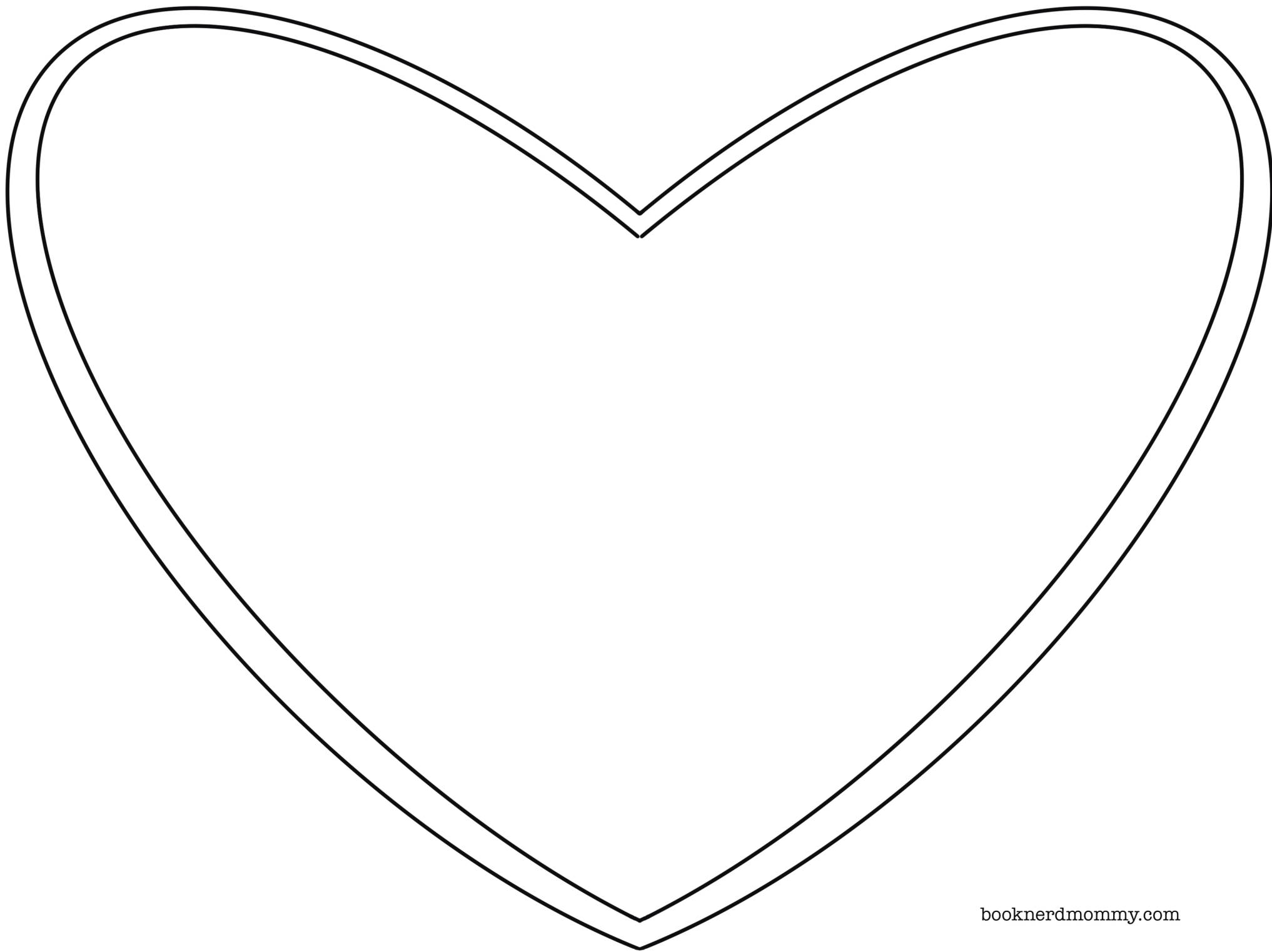


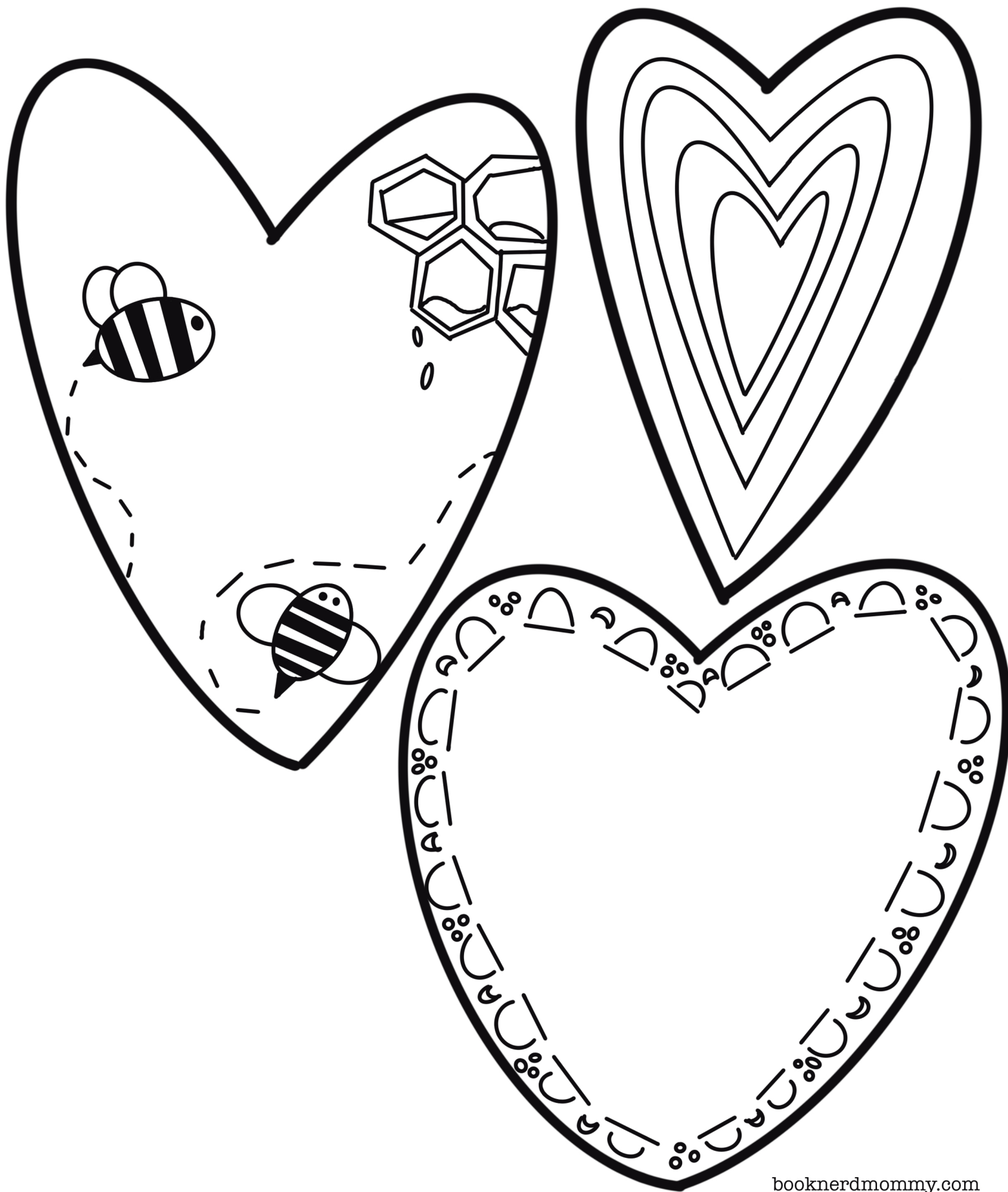


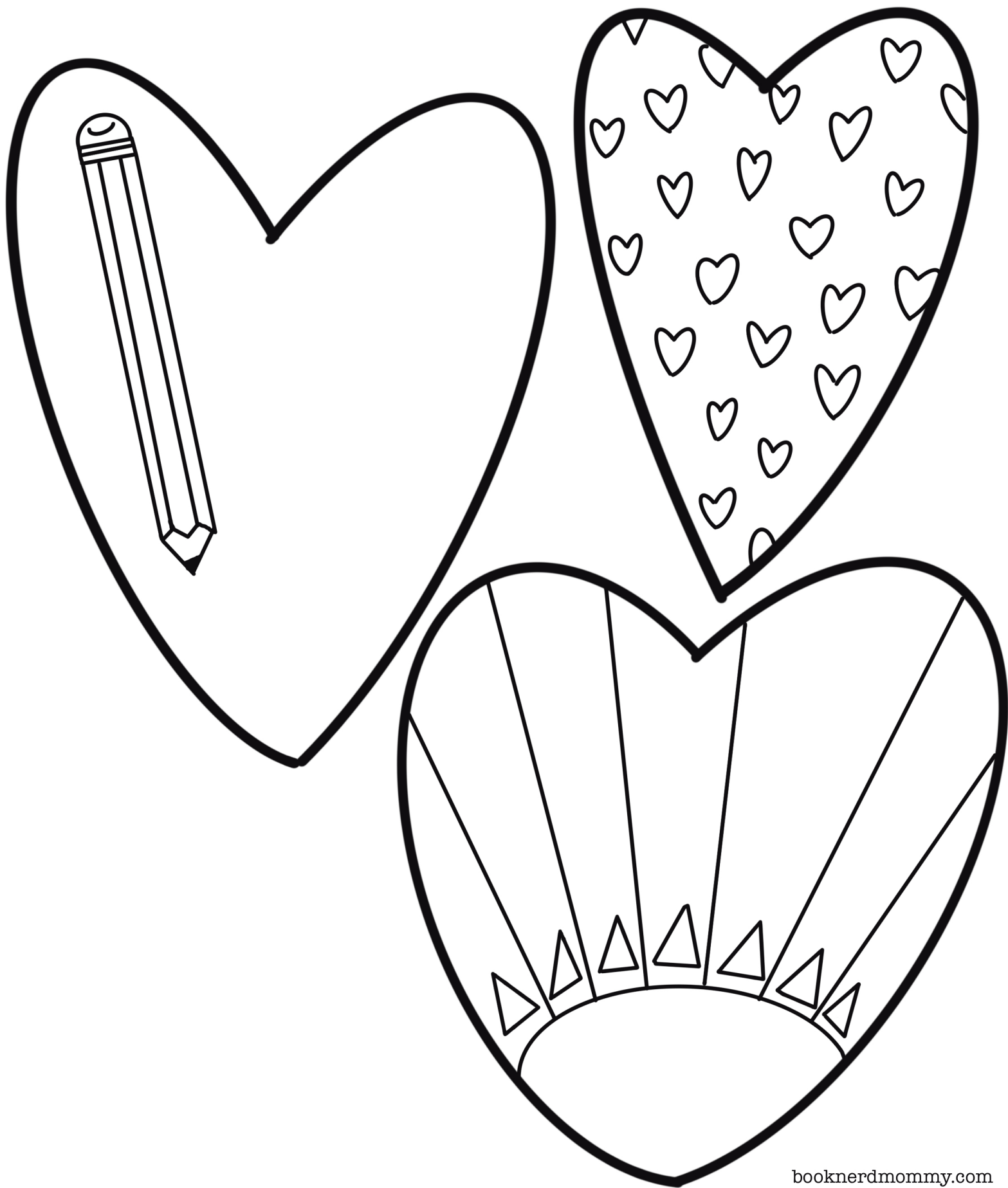


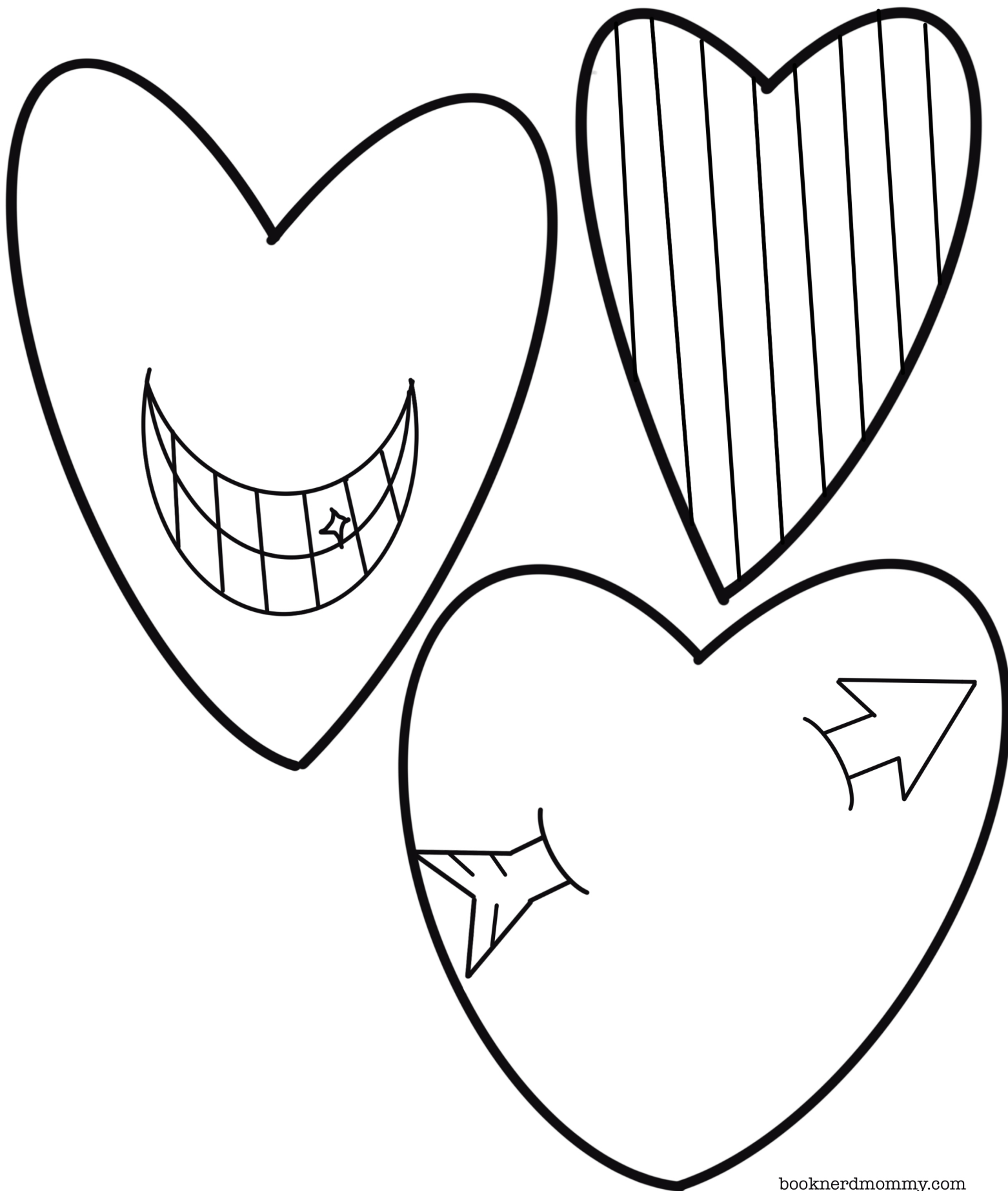


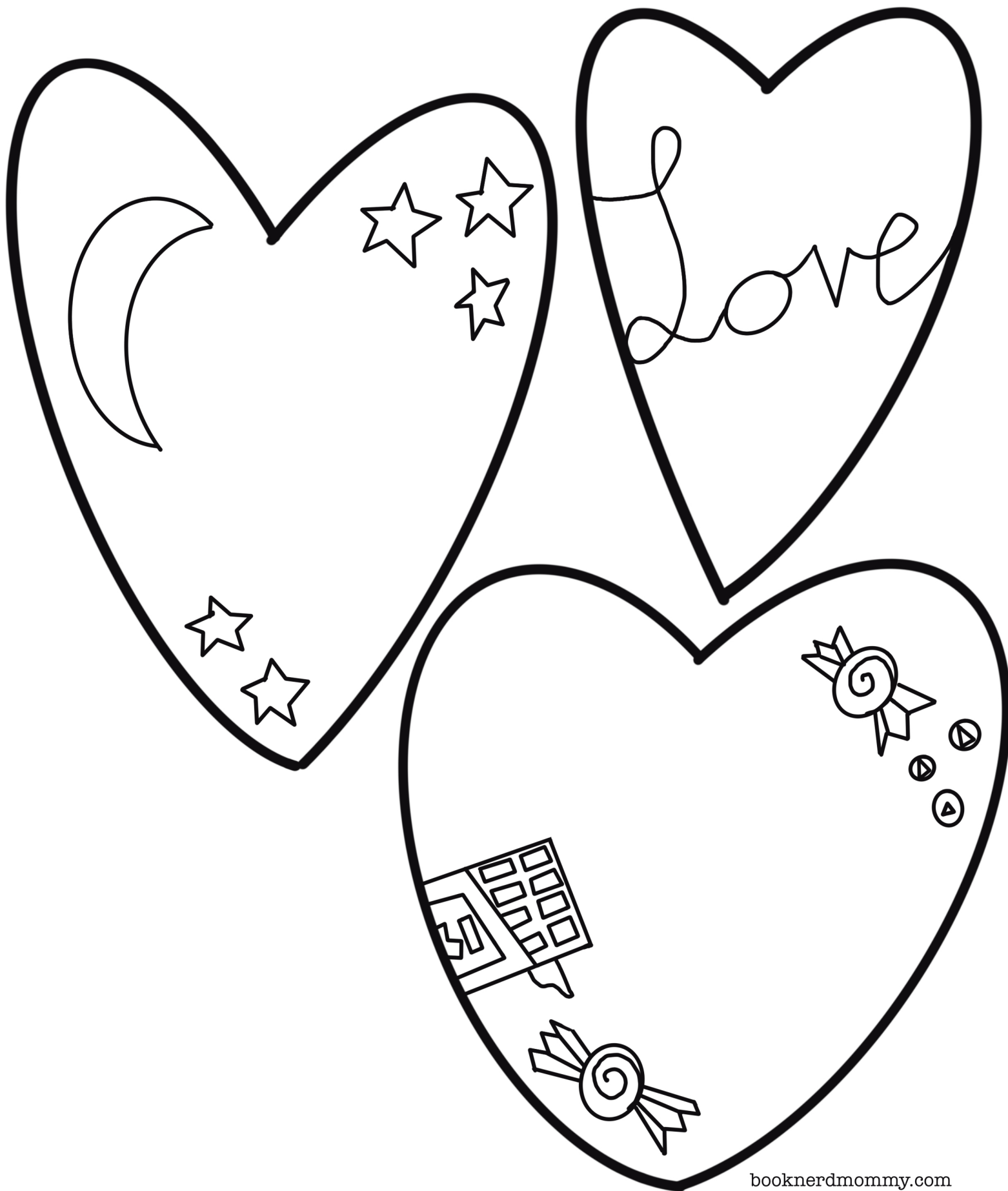












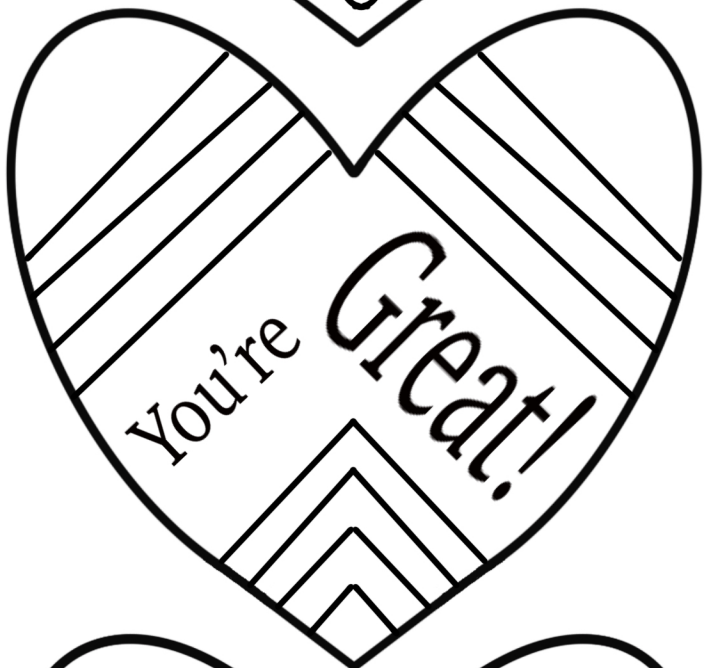


WHAT I LOVE ABOUT ME:





WHAT I LOVE ABOUT ME:





# 14 Activities that focus on SPREADING LOVE &

## Making a Positive Impact In Your Community

- ♥ **Make valentines/cards for hospitalized children.** We are big fans of an organization called Cards for Hospitalized Kids. They accept cards all year round and distribute them for you to hospitalized children in hospitals all over the US. It is wonderful! For more info: [www.cardsforhospitalizedkids.com](http://www.cardsforhospitalizedkids.com)

*\*For the tutorial for the ones we make visit:*

*<http://www.booknerdmommy.com/diy-heart-flower-valentines/>*

- ♥ **Help around the house without being asked.** As a family member there are a lot of opportunities for you to contribute and help your home be a wonderful environment. Choose something you can do without being asked to clean up or help in the daily activities of your home.

- ♥ **Leave a small gift and note of appreciation for someone in your community.** Think of those around you that serve you everyday. Your mail carrier, the garbage collector, police officers, firefighters, health professionals, restaurant waiters and so many more. Choose one to write a little note to and attach it to a small gift if you would like and leave it for them to find or give it to them yourself. We love to attach a small note and bow to a box of chocolates and leave it in our mailbox for our mail carrier. Another fun idea would be to take a few boxes of doughnuts to your local fire station.

*\*You can use the large "Thank You for All You Do" heart printable in this packet!*

- ♥ **Donate used books to the library.** Give the gift of reading! Go through your personal library and select books that you have outgrown or are no longer interested in and donate them. (Also, fun fact, did you know that February 14<sup>th</sup> is International Book Giving Day?)

- ♥ **Do a small act of service for a neighbor.** Look for opportunities to serve in your neighborhood. Do you have an elderly neighbor who could use help shoveling their driveway? Do you have a busy mother who could use help watching her kids? Is there someone nearby who has lost a loved one and could use a visit?

- ♥ **Write small encouraging notes and surprise those in your community.** Write a few small notes with positive short messages such as “You are wonderful!” and “Have a fantastic day!” and leave them around town as you go about your errands. You never know who may find them and what good a little love can do. OR you could invite your kids to make some and have them take them to school to leave on some classmates’ desks. OR you could concentrate your efforts and make a bunch of notes of appreciation/encouragement on heart papers and put them on the front door of someone you would like to give a little surprise of extra love to. (We call this one a “Heart Ambush”)

*\*You can use the small heart notes printable for the first ideas or you can use the large “Heart Ambush” printable for the last idea. Both are included in this packet.*

- ♥ **Play the “I Love You” game.** As a family, or even group of friends, gather together with one paper heart and pen per person. Write your name in large letters in the center of your heart. Next elect someone to leave their heart with the group and leave the room for a minute or two. The remaining people in the room have the job to pass that person’s heart around and take turns writing one thing that they love about that person that hasn’t already been written yet. Then the individual who left can rejoin the group and read their heart. Repeat this process until you have spotlighted every individual in the room. Hang your hearts up in your home on bedroom doors or the refrigerator if desired.

*\* You can use the “\_\_\_\_\_ is Loved” heart printable that is included in this packet!*

- ♥ **Make valentines/notes of appreciation for those you love.** This activity can include your yearly valentines for school classes and family members if you are doing it in February, or it can be notes of appreciation as a fun surprise in the middle of the year. As an extra challenge, try to think of those you can include on your list who may live farther away or who you may not normally give valentines to but whom you appreciate and love.

*\*You can use the heart note printable in this packet. Or, for a quick craft idea, check out our tutorial for string art hearts here:  
<http://www.booknerdmommy.com/diy-string-art-hearts/>*

- ♥ **Donate to your local food bank.** Grab a bag and fill it with some canned goods from your pantry or make a special trip to the store to purchase some and then take it to your local food bank as a family.

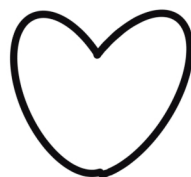
- ♥ **Focus today on being especially kind and complimentary.** Make an extra effort today to notice the positive in those around you and take the extra step in complimenting them. Also, look for opportunities to help, comfort, reach out and make a difference. If you want a fun idea to help you remember, wear a heart sticker on your hand all day so that seeing it will remind you of your challenge.
  
- ♥ **Show love to yourself.** On a piece of paper or stationary write down 3-5 things that you love about yourself. Put it up somewhere in your room or somewhere that you can see it as a daily reminder. Then, take some time to do something that you love and helps your feel fulfilled. Even if it's just for a few minutes.  
*\*You can use the "What I Love About Me" printable included in this packet!*
  
- ♥ **Call someone you love and haven't spoken to in a while to tell them you appreciate them. Or send them some happy mail!** Is there someone that you have been meaning to call and have been putting it off? Now is your chance! Or you can send them a package full of love! Include items such as a few of their favorite things, a treat or two and a letter expressing your appreciation for them. Everyone loves happy mail!  
*\*You can use the "Sending a Little Love Your Way" heart printable included in this packet!*
  
- ♥ **Start a recycling bin or donation bin in your home.** This one is about showing a little love to our planet. If you have a recycling bin in your home already then take a trip to drop it off or find something in your home to repurpose. OR you could create a donation bin in your home where you place items that you no longer use, but still have a lot to offer, to be donated to a Goodwill or other such establishment in your community. Another idea would be to gather up toys that you no longer play with to donate to a center where they can find new life with another child. Donating used items is a wonderful form of caring for our planet. Celebrate by taking your first batch in!
  
- ♥ **Make treats and share them with neighbors.** Think of those who live alone, are widowed, have experienced a recent loss, or could just use a little love. If you are doing this challenge around Valentine's day consider doing it on the holiday itself. Valentine's Day can be incredibly lonely and even sad for those who yearn for a "valentine" or some extra love and feel they don't have it. If you are busy buying treats to share is totally allowed as well.  
*\*The "heart note" printables included in this packet make great tags!*



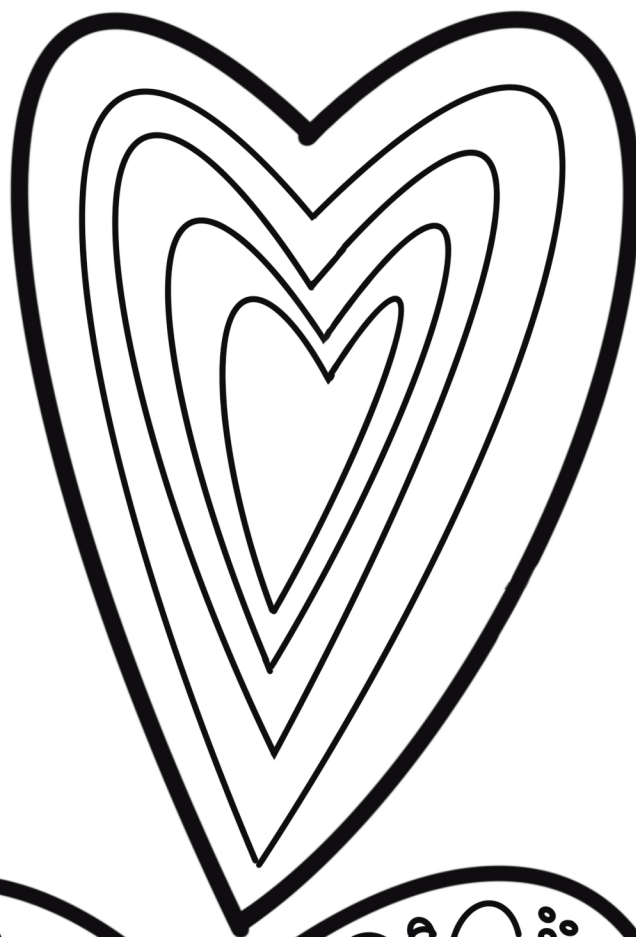
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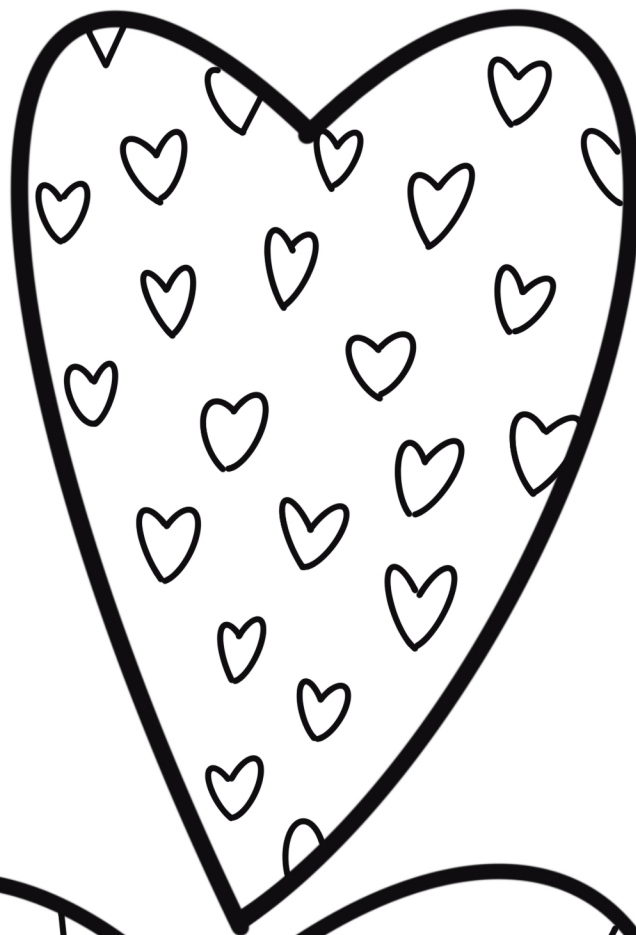




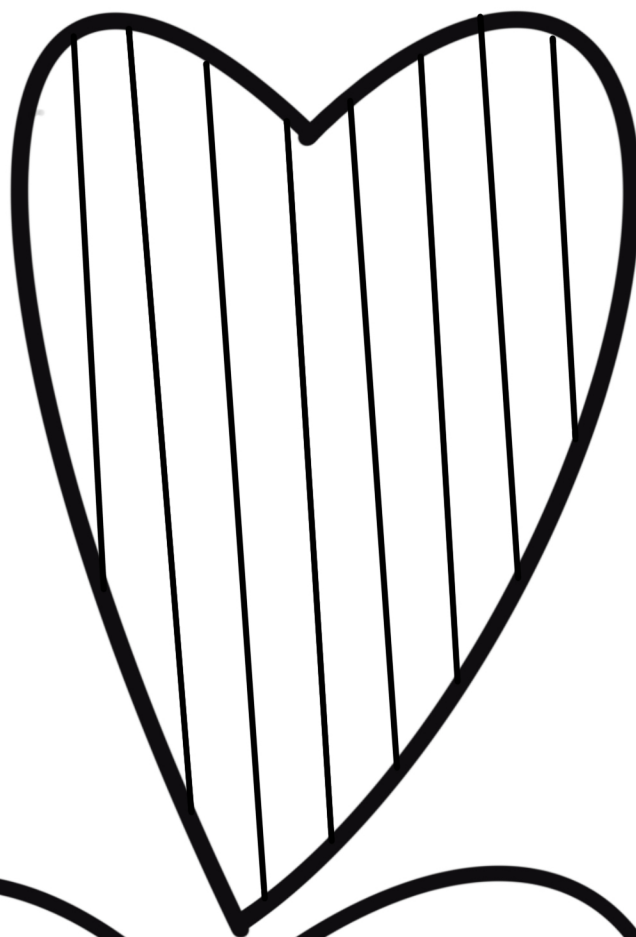
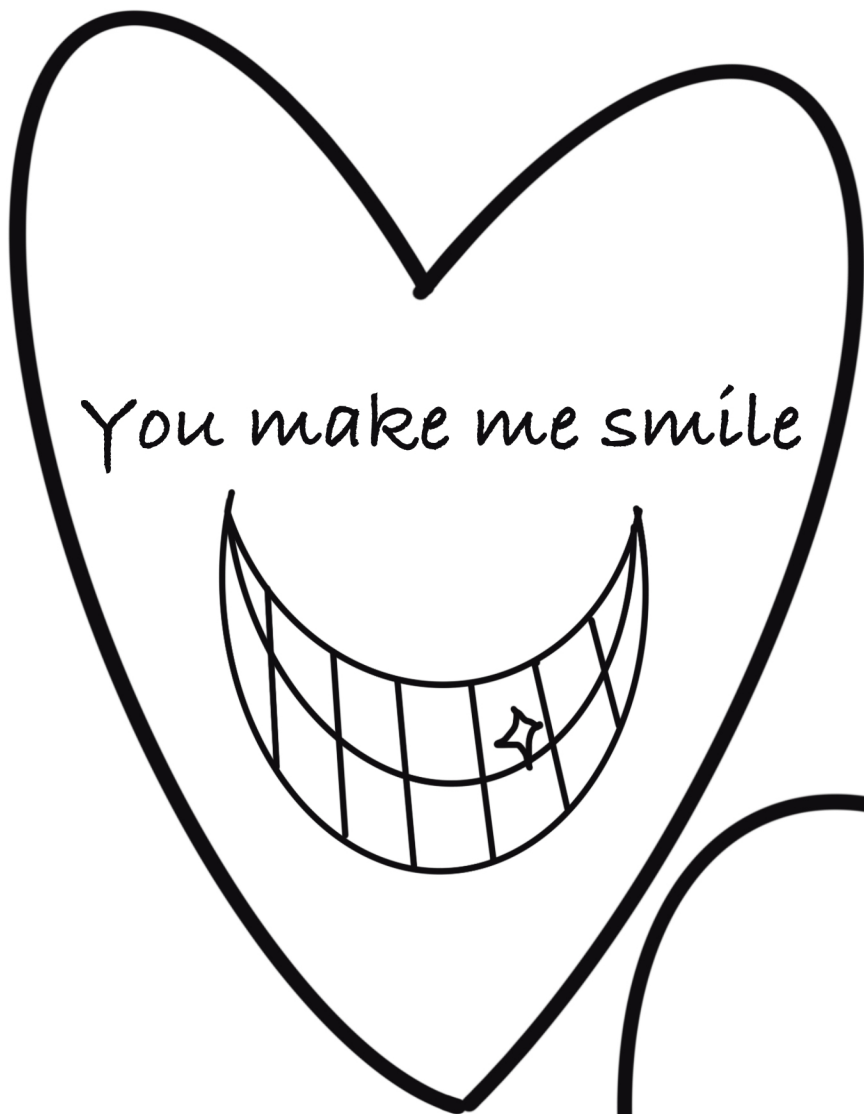


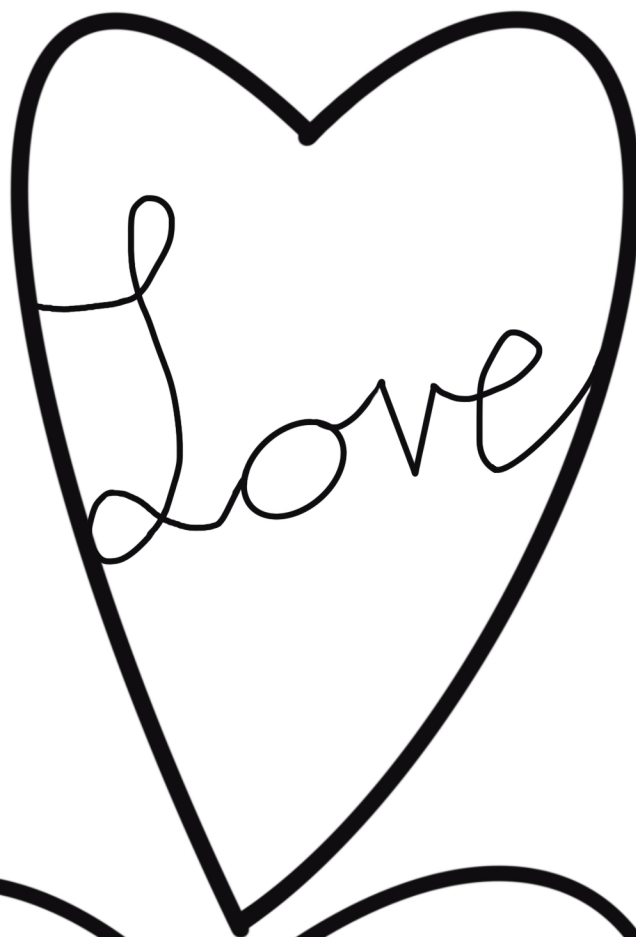


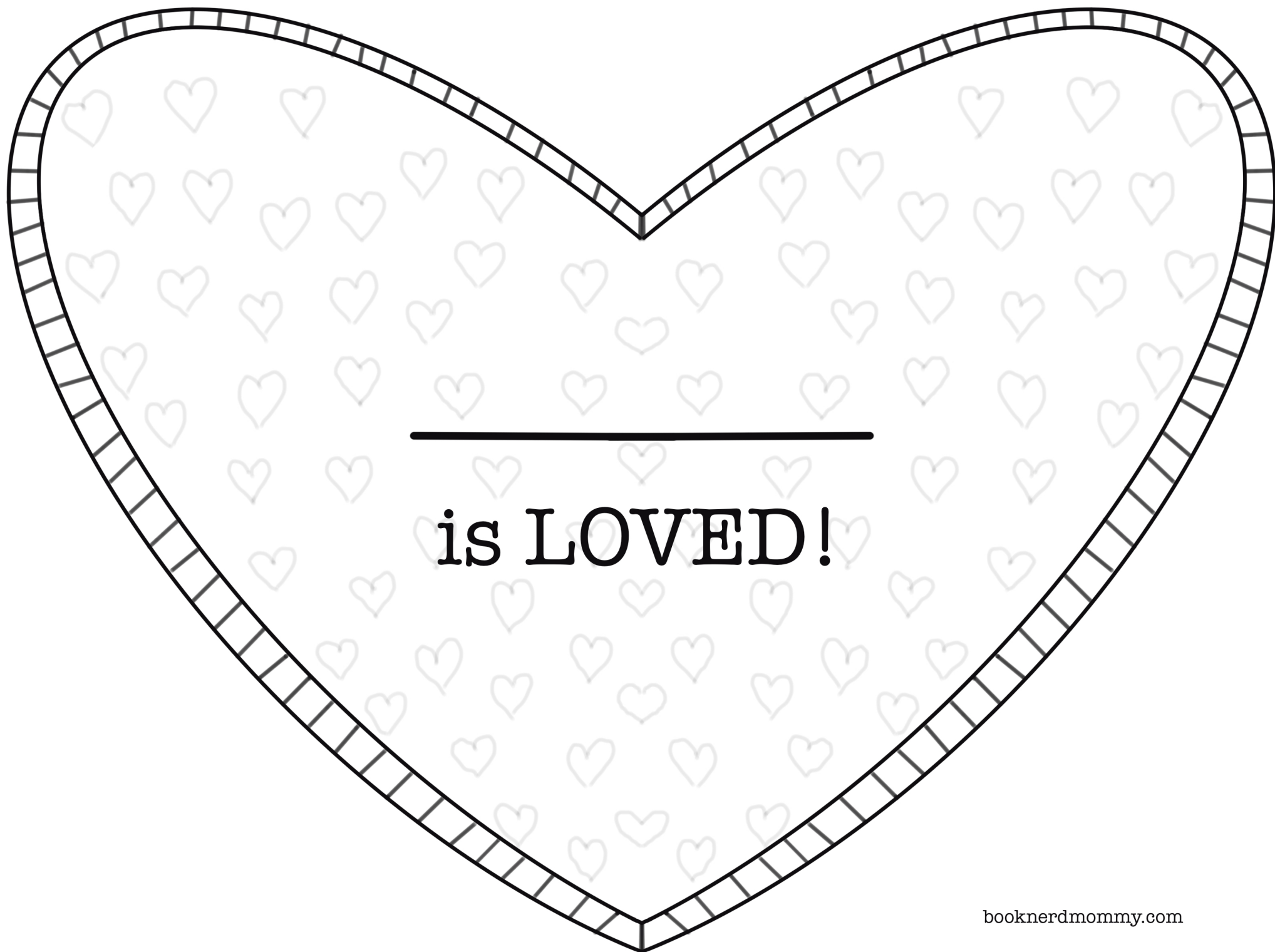
I  
LOVE  
YOU!



You are my  
SUNSHINE







is LOVED!





