## GIVING GARLAND

Divine love is joyful, thankful. It gives itself fully.

-Sri Harold Klemp, The Loving Heart, p. 136

Print all three pages, and cut out the triangles.

Choose the printed ideas you like or write your own ideas on the blank triangles provided.

Punch holes in the top corners of each triangle.

Run a ribbon through the holes to connect the triangles.

Hang your garland where you will see it every day.

Each
day, pull
a triangle
off your garland, and give
that gift of
love!

Give love at a local animal shelter, or make a bird feeder for your

Punch holes in the top corners of each triangle.

from your favorite favorite favorite

your family can
"chalk the walk"
with uplifting
messages
of thanks
for the
staff!

Ask your school if

Offer to walk a reighbor's dog!

On a hot day, set up a stand at a park, and give lemonade away for free!

Make something yummy for your netghbor, a new mom, or someone in need.

Make cards
or tissue—paper
flowers for the
children's
hospital.

Don't have a hole punch?

Paint rocks with uplifting pictures or words, and give them to if friends and if family in the control of the c

Create bookmarks
with uplifting
messages, and
leave them in
library books
for future
readers.

Offer to rake or neighbor's or friends
yard for yard for sor free!

Help beautify your
school or local
ECK Center by
cleaning or by
weeding the upwers or
gardens. of loods
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school or by
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Write You're an awesome parent!" on Post-it notes, and leave them on changing tables around process town, and town,

Use paper clips or tape instead!

Clean your room
asking
anyone
asking
willout



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Real love is selfless. We do continual acts of kindness to make the way easier for our loved ones.

-Sri Harold Klemp, The Loving Heart, p. 5

Pay close attention
to what others
do for you
today, and
thank
them
kindly.

experiences

with your

family at the

end of

the day!

As a surprise, do one of your family member's chores, with a with a care, can beart!!

Ask if there is something you can do to make a teacher's or coworker's day easier.

Make a game for your classmates or friends to play on a rainy day!

Volunteer at a rest home to read a book, sing, or help out, and listen to the residents with love.

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Make something special for all of your classmates or coworkers.

Write your experiences in a journal!

How does giving make you feel?

Send someone a card in the mail), expressing love or thanks.

Call a loved one who
lives far away, and
ask. "What have preq you been up equius to?" Listen equivalent with your form for the property of the

Tell someone a specific thing you appreciate about them.

Put Post-it notes on a family member's door. On each note write something or something of about of a shout seem!

Sing HU inwardly as you listen to others today. What do you notice?

Hold the door open for others

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Begin with the love you have. Love gratefully. This love expands your heart into a greater vessel which can hold yet more love.

-Sri Harold Klemp, The Loving Heart, p. 11

