

GIVING GARLAND

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

—Harold Klemp, *The Loving Heart*, p. 136

1. Print all three pages, and cut out the triangles.
2. Choose the printed ideas you like or write your own ideas on the blank triangles provided.
3. Punch holes in the top corners of each triangle.
4. Run a ribbon through the holes to connect the triangles.
5. Hang your garland where you will see it every day.
6. Each day, pull a triangle off your garland, and give that gift of love!

Punch holes in the top corners of each triangle.

Don't have a hole punch?
Use paper clips or tape instead!

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

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

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

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

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

Help beautify your school or local ECK Center by cleaning or by weeding the gardens.

Write "You're an awesome parent!" on Post-it notes, and leave them on changing tables around town.

Paint rocks with uplifting pictures or words, and give them to friends and family!

Pick up litter from your neighborhood or your favorite park.

Offer to walk a dog!

Offer to rake or clean up your yard for friends or neighbors.

Bake or buy cookies, and bring them to school or work or share with others.

Make something yummy for your neighbor, or give someone a new mom, or a new neighbor.

Clean your room or a part of your house without asking anyone.

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

—Harold Klemp, *The Loving Heart*, p. 5

Triangle 1 (Top Left, Pink): Pay close attention to what others do for you today, and thank them kindly.

Triangle 2 (Top Left, Pink): As a surprise, do one of your family members' chores, with a loving heart!

Triangle 3 (Top Middle, Orange): Ask if there is something you can do to make a teacher's or coworker's day easier.

Triangle 4 (Top Middle, Orange): Make a game for your classmates or friends to play on a rainy day!

Triangle 5 (Top Right, Yellow): Volunteer at a rest home to read a book, sing, or help out, and listen to the residents with love.

Triangle 6 (Top Right, Yellow): All day long, act as if you are spreading sunshine, light to those around you!

Triangle 7 (Top Far Right, Light Green): Make something special for all of your classmates or coworkers.

Triangle 8 (Bottom Left, Teal): Send someone a card in the mail, (or an email), expressing love or thanks.

Triangle 9 (Bottom Left, Teal): Call a loved one who lives far away, and ask, "What have you been up to?" Listen with your heart.

Triangle 10 (Bottom Middle, Light Blue): Smile at everyone you see today, and count how many people smile back!

Triangle 11 (Bottom Middle, Light Blue): Tell someone a specific thing you appreciate about them.

Triangle 12 (Bottom Right, Purple): Put Post-it notes on a family member's door. On each note write something you love about them!

Triangle 13 (Bottom Far Right, Lavender): Hold the door open for others everywhere you go today!

Triangle 14 (Bottom Far Right, Lavender): Sing HU inwardly as you listen to others today. What do you notice?

Share your experiences with your family at the end of the day!

Write your experiences in a journal!

How does giving make you feel?



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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.

—Harold Klemp, The Loving Heart, p. 11



Ask the MAHANTA,

"What loving deed can I do today?"

Have fun being a light of love in the world!