

Ambassador Times





Connecting Hearts.....Connecting Minds...

From the Principal

“The universe doesn’t give you what you ask for with your thoughts. It gives you what you demand with your action.” - Steve Maraboli

Yet another academic year, packed with actions at various levels – right from the Annual Concerts for Pre KG, KG1 and KG2 students, the first ever Inter School STEAM Competition for Kindergarteners, the Annual Sports Day for grades 1 to 11, Graduation Ceremonies, Hayakum, Al-Falah – A celebration of our talented students, French Food Festival, various Inter-House, Inter and Intra-School competitions and the list goes on, comes to an end!

It is the right time to say what a pleasure it has been to be part of Ambassador community! To the staff, thank you for your passion, dedication and commitment, which sometimes went well beyond the hours of the day. You are the ones who unfold magical moments every single day, create the environment where students grow into the very best versions of themselves and I am awed by you each day. To the parent community, thank you for supporting your children in developing not only their academic skills, but their character as well. Beyond the academics, our hope is to grow kind individuals who know how to solve problems and contribute to the world in positive ways. To the students, you make me proud each day with your endless positivity, energy and confidence. You don't have to be perfect, you just have to be the best you through hard work and a focus on continuous improvement.

A school culture has no prescription – it evolves by the way we work and act together to provide the best possible learning opportunities for our students. Throughout the year we have made it a priority to ensure that all voices are listened to as a way of working together. In doing so we have developed more ways to engage not only our students to share their perspective and hear their voice but also the parents. It is this close partnership that has led us to be who we are today.

Finally, I hope you will all join me in celebrating our truly wonderful DSIB inspection report 2022-23! I am absolutely thrilled with the findings of the DSIB inspectors who agreed that Ambassador is a strong Very Good school with Outstanding features. While celebrating our successes, we strive to do better; to challenge ourselves and our students to set the highest standards and achieve our ambitious goals.

I wish you all the very best and look forward to welcoming you all back, refreshed, for what will be an exciting, new academic year.

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

ANNUAL SPORTS DAY 2022-23



HAYAKKUM 2022-23



KINDERGARTEN ANNUAL DAY



HIGHLIGHTS OF THE MONTH

SPORTS DAY

Believe in yourself. You are braver than you think, more talented than you know and capable of more than you imagine.' Cristiano Ronaldo

10th of February 2023 became earmarked as a significant calendar event as students from Ambassador School Dubai celebrated their Annual Sports Day at the ISD Sports Park, Sports City. The proceedings commenced amid an air of excitement among our spectators, with the Quran Recitation followed by the National Anthem. Our honorable Principal, Dr. Sheela Menon received the customary salute by students, in their House contingents, at the march past. The lighting of the torch by the Sports Captain and team and the oath administered thereafter created the mood for the upcoming competitions and displays.

The inspiring words of Principal Ma'am added to the fervor of the day. The drills ranging from the Pom-Pom, Fan Display and Mantilla Show, followed by an energetic Zumba dance filled the atmosphere with gaiety. These shows were interspersed with varied categories of the track and field events.



HIGHLIGHTS OF THE MONTH

HAYYAKUM 2022-23

“Culture is the arts elevated to a set of beliefs.”- Thomas Wolfe

Ambassador School, Dubai hosted “Hayyakum” 2023, our maiden venture wherein our students showcased their interpretation of UAE’s culture and traditions to the parents. It was a day of jubilation at the ASD campus which was bustling with activity. The primary graders from 1 to 5 illustrated their creative and intellectual skills through a variety of projects on different aspects of UAE such as occupation, tourism, space projects among others. The middle and senior graders put up a plethora of activities such as the Majlis, dance, henna and quiz and a counter of delectable authentic Emirati food. The icing on the cake was the spontaneous and enthusiastic participation by the parents coupled with the very encouraging feedback given to our young reporters. To mark the occasion students planted ‘Ghaf’ saplings.



ANNUAL CONCERT: PRE KINDERGARTEN

On February 9, 2023 Pre KG had their Annual concert followed by a carnival. A colorful and scintillating carnival presented by prekindergarten through skits, dialogues, music and dance mesmerized and enthralled audience of our parents. A fun filled festive fair laid out for students and family brought a smiling closure to the event! A happy family day!



MY CONFIDANTE MY INSPIRATION

I came to know her well at a tender age of four. Though she existed before that, my realisation of her came at this age. She had a strange mystique to her and she smiled like she knew everyone's secret. She was very beautiful or shall I say wonderful. She was lonely and an outcast. Her presence was equated with all that was dark and most people couldn't wait for her to leave when she came around. She kept getting mouthfuls of words, which was very true as she covered more than she revealed, making it highly impossible to see reality, but it wasn't her fault. She never talked about anyone or anything. She only watched everything from a distance, dressed in black and sitting like a pretty angel and her beauty was overwhelming beyond words. It was soothing to be in the presence of such a beautiful lady, one so calm, despite the world labelling her 'cruel'.

I always admire her dignity and that's what drew me close to her every time. Though she was judged, she never judged anyone in return, she accepted things as they were and never gave up on people. Most importantly she never gave up on me.

In her presence I could be who I was as she heard out my deepest dreams and desires. She silently smiled at me like a mother listening to her child which was encouraging. Soon I grew very fond of her and not one day would pass without greeting her silently and talking to her. Though she knew so much about me, never did she share any of her miseries with me. I felt sheltered like two hands protecting the damp earth after a sapling which was planted. In her peaceful presence I worked on them, my dreams.... No matter how difficult, she made me believe it was all worth it and hard work would yield good results.

I have spent lot of time with her and spoken to her heart when my heart was overflowing with joy or just felt plain empty. She has watched me and patted me to sleep and the world has always been a better place the next day. Despite all that she has done, she never mentioned it to anyone and never mentioned to me again, and this is how I learnt that when I help someone I shouldn't tell others about that.

PARENTS' PANORAMA

Even to this day she remains my inspiration, my confidante and source of courage. It is her optimism that led me to believe that despite the darkness, the sun will shine again no matter what, even if it means that she has to go away. This is something which will always stay with me.....

During my work days when I used to sit alone with a cup of tea in my hand, and my thoughts, she came and sat next to me. Though she wouldn't say a word, I used to feel a strange confidence and courage to face life ahead.

The NIGHT.... how I love her!!

Mother of Nirvi Chari and Nithi Chari
Grade 4B and KG1 C

ANIMAL RIGHTS

Animal rights are the belief that all animals, like all humans, have basic rights and do not deserve to be killed or suffer at our hands, in addition it is incorrect to regard them as resources. If we accept that animals are not born to be killed or exploited at our hands, we can approach a humane way of treating animals.

We incorrectly believe that animals are commodities. If we follow this logic, our behavior toward them will be unethical and something that we shall regret later on. In the United Kingdom, the first legislation, known as “Martin’s Act, was passed in 1822 to protect animals, primarily cattle and horses.

The Society for the Prevention of Cruelty to Animals was founded two years later, in 1824. The society prioritized law enforcement, including prosecutions when necessary. The Act was amended in 1835 to protect domestic animals, such as dogs and cats from cruelty. PETA is the most well-known organization for animal rights and welfare today.

People for the Ethical Treatment of Animals is a humane society based in Norfolk, Virginia.

Neelakshi Roy

Grade

TIPS FOR BECOMING A PEACEFUL AND CALM PARENT

Anger and frustration are universal human emotions, but that doesn't mean you have to be a victim of negative feelings. As adults, we have an obligation to our family and ourselves to avoid allowing our emotions from getting the best of us. Let's face it. Parenting is tough! When you simply want to pee alone or take a shower for more than two minutes without hearing little footsteps outside the curtain, it can be incredibly frustrating. Or, when you've told your child for the gazillionth time to turn off the light when they leave a room, it can make you want to pull your hair out. One way that many parents

express their anger and frustration is by yelling at their kids. It's not because they want to necessarily, but because sometimes they get so overwhelmed, they lose control. Other times it may just be easier to holler than to learn strategies to become a calmer parent. Studies show that yelling makes

children more aggressive, physically and verbally. As a parent, raising your voice to the point of screaming scares children and makes them feel insecure.

It has been shown to cause long-term effects, such as anxiety, low self-esteem, and increased aggression. A parent who is calm is reassuring, which makes children feel loved and accepted in spite of bad behavior.

There are many responses you can choose when faced with a situation that makes your blood boil. Finding peace is possible!

Learn to manage your anger and arrive at a peaceful solution using these strategies:

1. Consider the negative consequences of expressing anger. It's tempting to run with your exasperation in the short-term, but giving in to rage can cause even more challenges. Before lashing out at your kids or taking what you consider to be appropriate actions, consider how things will be when the smoke clears.

2. Give yourself a timeout. Timeouts aren't just for young kids. Adults also need timeouts or short breaks to calm down. Taking deep breaths, give yourself a few minutes to allow a level of reason to return to your mind. You'll be in a better place to make appropriate parenting decisions.

NURTURE OVER NATURE

3. When appropriate, let your family members be wrong. It's not your job to prove that someone is wrong; just allow them to be mistaken. If you have a strong desire to show them that they're incorrect, that's your ego barking. Of course, it is your responsibility as a parent to educate your children between

right and wrong. At the end of the day, however, you cannot control the choices they make and ultimately they will have to learn from the consequences when they experience errors in judgment.

4. Decide which is more important: being happy or being right. Many arguments are the result of the desire to be right. If you choose to be happy over winning every heated discussion with your kids, your life will be more enjoyable, and you will become a more relaxed parent overall. Which is more important to you?

5. Take a minute to notice your anger. Instead of mindlessly reacting to your frustration, take a moment to examine it. Pretend you're a third-party witnessing your irritation and annoyance. What does it feel like to you? Where is the emotion coming from in your body? Is the feeling in your head, chest, or stomach? Has your breathing changed? Are your hands shaking or clenching? By disengaging from your anger, you can gain a different perspective and weaken your negative emotions.

6. Ask yourself why you're upset. Did someone physically harm you? Did they let you down? Violate one of your values? Figure out why you're frustrated, and you'll be able to take the necessary steps to discover a solution.

7. Focus on the big picture. Imagine that you knew the world would come to an end next Friday. Would you be upset if your child didn't hang his backpack? Of course not.

8. Look for solutions, rather than trying to make yourself feel better. Acting in anger is about making yourself feel better. Rather than yelling at your kids, for instance, work on finding a peaceful solution. The outcome will be much better and well worth your time.

9. Be sure you understand the situation. Why get angry with your kids before you know the facts? Ensure the issue isn't a possible miscommunication.

10. Learn and practice relaxation techniques. The more relaxed you are on a regular basis as a parent, the less likely you are to become angry.

SEN Department

MY SPACE



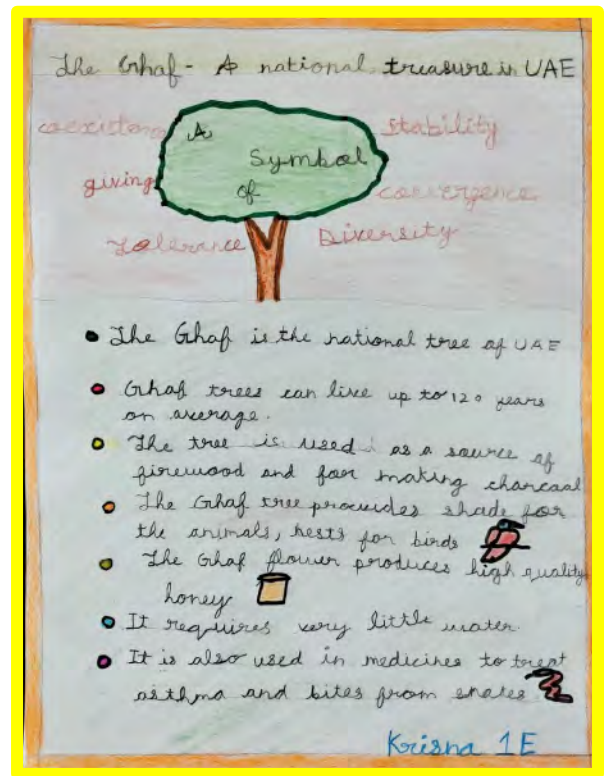
By MANAY PANDYA
 Grade - 1A



By RAVYA GUPTA
 Grade - 1B

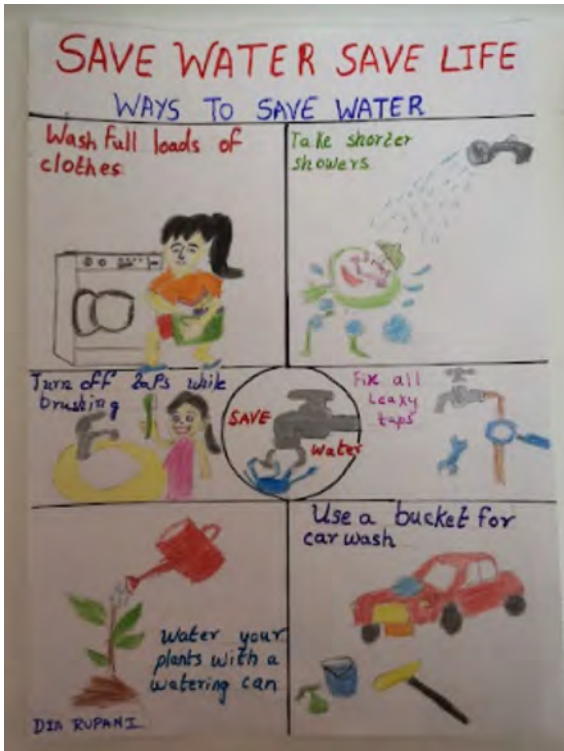


By Aayansh Anurag Varma
 Grade - 1D



By Krisna Malhotra
 Grade - 1E

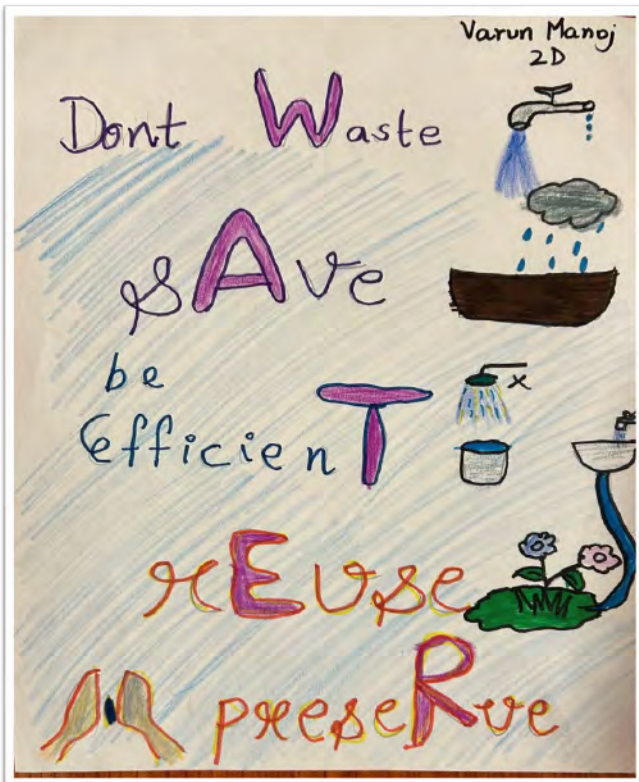
MY SPACE



By Dia
 Grade - 2A



By Samaika Sahoo
 Grade - 2C



By VARUN MANOJ
 Grade - 2D



Rishaan 3A

By RISHAAN SHAH
 Grade - 3A

MY SPACE

Sustainability - Save food, Save lives

Sustainability is critical for overcoming the biggest challenges of our time: A degrading environment, loss of biodiversity and climate change. Regenerative agriculture leads to healthy soil, capable of producing high quality and nutrient-dense food. It also improves the land, supports productive farms and healthy communities. As the world's population continues to grow, more people than ever will depend on farmers for food. We must empower farmers to drive solutions and be at the forefront. We need to transform the way we produce and consume food, which will involve changing mindsets and trying new things to make the world a better place.

Save Your Food

Think Eat Save Our World

By AMAIRA SHORI
 Grade - 3B

STOP WASTING FOOD

Most a day goes by that people waste food. Stop wasting food, stop giving our food to homeless people that are starving on the streets. We can give the food to the food banks. We have many ways to stop wasting food.

STAY ON GO

By SHREYASHREE
 Grade - 3C

Sustainability

Be Sustainable

Reduce Recycle Reuse

By: -
 Sanish
 3D

By TANUSH
 Grade - 3D

WELLBEING AT ASD

With examinations being the watchword on both students' and teachers' minds, the ASD staff looked forward to the Wellbeing session on Wednesday, 22nd February for a respite.

With an array of indoor and outdoor activities like art, dance, music, reading, and volleyball to choose from, staff members indulged in their favourite pick during high noon.

With regular care for enhanced mental health, the ASD staff are now equipped with increased productivity to deal with the busy examination season. It's a beautiful feeling when career and passion come together to create a holistic experience!



SPERANZA 2023

It was yet again the time of the year when the outgoing batch of Ambassador School, Dubai, celebrated the end of their school journey. 'Speranza' the Grade 12 Graduation Ceremony was conducted on Saturday, February, 4th, 2023 at 5.30 p.m. at Ambassador International Academy, Al Khail. The programme was graced by the Chairperson of Ambassador group of schools, Mr. Hukumat Kalwani, Principal Dr. Sheela Menon, Vice Principal Mrs. Rosy Bali, Members of the Senior Leadership team, PSG members, parents, faculty and students.

The auditorium was beautifully decorated in splashes of blue, white and gold. Sanskar Khadse and Tansi Ajith, our poised young hosts of Grade 11, took the audience through a delightful evening. Dr. Sheela Menon in her address, lauded the beautiful young women and dashing young men. She congratulated them on their readiness to venture into the wider world, urged them to unleash the power of inner confidence(the power within) , and thanked the parents for their unstinted support to the Ambassador family. Each student was honoured with charming citations, and their top university choices were shared with the audience. A poignant video, speeches by members of our parent community, and Dimira Tanna's valedictorian speech brought back the special times spent at ASD. The audience reacted with a thumping response to the song, 'Try everything'. A delectable dinner buffet brought the memorable evening to a close.

Wishing our newly crowned graduates the very best for the upcoming board examinations and a rich life ahead!



SPECTRUM 2023

Where words leave off, Music begins'- Heinrich Heine
Ambassador School, Dubai conducted the finals of the Annual Spectrum 2023, an Inter- house Singing, Dance and Instrumental competition for students across Grade 3 to 9 and 11. Students submitted their audition videos and after thorough scrutiny, the finalists of the event were declared who then competed against the best. The energy levels of the dance performers and the soulful expressions through the singers and musicians alike were truly contagious. The finale couldn't have been more enthralling.



APPRECIATION DAY

Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.- Voltaire

On 'Student Appreciation Day' Ambassador School felicitated children who made a mark in various fields.



HOLI CELEBRATION

Holi Hues@ ASD

Colour, cheer and camaraderie are the perfect words to describe the Festival of colours at the Ambassador School, Dubai campus on 8th March. The Holi celebration was delightful on two levels, starting with a sweet treat. Soon after, the courtyard came alive in the late afternoon as enthusiastic staff members let their hair down spraying colour and happiness. The vibrant colours and laughter brightened the atmosphere and symbolized the festival's core values of energy, life, and joy.



ANNUAL CONCERT: KINDERGARTEN 1

Annual Concert (KG1): Around the World!

Glitter, Glitz and Glamour were the elements of the day! ✨🎉🌈

A brilliant showcase of talent and confidence through scintillating musical dances 🎭👧 of countries from around the world 🌍🇪🇸🇨🇰🇵🇰🇺🇸🇮🇹 by students of Kindergarten 1 mesmerized the audience with non stop claps and cheers! 🙌🙌🙌

A befitting 'Grand Finale' with a brilliant parade by our little globetrotters that lit our auditorium with sparkles ✨ of optimism and enthusiasm to spread around the globe on the tunes of "Light the Sky!" gave a magnificent conclusion to our ceremony! 😊🎉🌈🌟🙌🙌

Thank you dear parents and grandparents for your endearing presence and enthusiastic participation!



ANNUAL CONCERT & GRADUATION: KINDERGARTEN 2

On March 4th 2023, all roads led to Incredible India, the land of diversity, achievements and 'many firsts'! 😊

In a culturally rich India, the national sentiments so beautifully expressed through well curated theatrical extravaganza of dance, music and songs by our dynamic little Indians of Kindergarten 2 to showcase the diversity that makes our country so unique and remarkable! 🇮🇳 🎭 🎵 🎶

With pride in heart and goosebumps running down every Indian present, the show garnered an enthusiastic response and whistle hooting audience (way to go, mums and dads 👏) throughout the show motivating our students to take the show to the next level! 🙌 😊 👍

With many 'Wow' moments displaying picturesque features, spectacular dance forms, many accomplishments, simplicity in nature yet dynamism in aspirations and vibrant colors of traditions of Incredible India, the show indeed was a Super Hit 🎉 🎊 thanks to our brilliant students and parent participation! 🙌 👏 👍 👍

Not to forget a Grand Finale that highlighted the 'INDO- UAE' friendship through the iconic and timeless rendition "Miley Sur Mera Tunhara" sung by both Indian and Arabic artists created a stir of patriotism and respects for both the countries we call Home! 🙏 👍 😊 🇮🇳 🇦🇪

Soon after the show was the Graduation ceremony of KG 2's and the video "Memoirs of Kindergarten" was a culmination of their journey in school so far and the aspirations for the future.

Congratulations to our KG 2's and all the best for the future



ART WEEK

Art Week@Ambassador

"The work you put into your everyday craft is the very thing that should bring you inspiration."- David Goggins

Our primary children created astounding craft items based on the "Circle" theme for Art Week. 'Turtle' was the topic for Grade 1. Using their imagination, students had fun colouring a paper plate and creating a stunning, colourful turtle. Their ability to focus was greatly enhanced by the activity. The topic for Grade 2 students was "Dancing Snail." With a dancing snail, the aspiring artists experimented with imaginative ways to balance a specific object. On the subject of "Flower," the third-grade kids created beautiful and captivating paper flowers. Another activity that helped with attention was this one. On the whole, the "Art Week" was a fun-filled week where students thoroughly enjoyed the activities and creativity flourished.



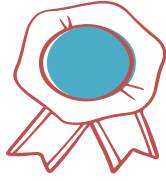


HALL OF FAME

Congratulations ASD FLL Team! Selected for the 'Nationals' !

The First LEGO League 2022–2023 Regionals: The Energy of the Future. The regional competition was held at American Gulf School in Sharjah on February 18, 2023, and two teams from Ambassador, Team "Dynam1K" and Team "Marvels", participated. After months of persistent work on four essential areas—the robot game, the innovation project, the robot design, and the core values—teams finally won the category prize for "The Robot Design" out of 43 teams and qualified for the nationals which will be held on 4th March 2023.





HALL OF FAME

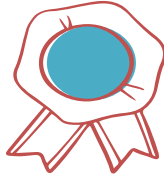
FIRST LEGO League Regional 2 Explore Event: Ambassador School, Dubai among the top 9 finalists!

Team “Super Chargers” designed a super powered city that would help us lead a sustainable, energy efficient lives. They explored real-world problems, learned to design, and code, to create unique solutions made with LEGO bricks and LEGO® Education WeDo 2.0. Our Junior Engineers designed a wind turbine, a super powered Milo, an E- Bike, Solar Powered Car and house, a solar powered Carousel, a Hydroelectric power plant, a Geothermal power plant and a Biofuel plant. They also programmed and showed the working models.

The judges were impressed with the 21st century skills being developed in students and appreciated it . Our students were the first team to receive the “Team Model Award” and are amongst "Top 9 Finalists” to compete at the national level.

Well done Super Chargers! Keep up the good work! All the best for the finals!





HALL OF FAME

Congratulations Divya!

Divya Gowrishankar, a student of Grade 3 made us proud when she was invited by the Asian Chess Federation and FIDE TRG and WOM to participate in a workshop and play chess, conducted for Girls under-12 from Asia region based in UAE (8 girls in Under-12 category were selected), in the framework of GLOBAL TOLERANCE and HUMAN FRATERNITY SUMMIT. The event was held in Abu Dhabi, Etihad Towers on 6th & 7th February 2023 titled Tolerance Games – Asian Chess Women’s Contest co-organized by UAE Ministry of Tolerance and Coexistence, and the International Chess Federation, and Asian Chess Federation. Her chess journey began earlier this year when she secured first place in the Under-8 UAE individual chess championship held in Sharjah.





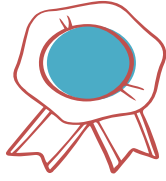
HALL OF FAME

Congratulations Seher! You have made the Ambassador Family so proud with this incredible achievement!

Seher Pahade from grade 7 has been awarded the 1st prize at the RGS Guilford Letter Writing Competition at Emirates Literary Festival in their 15th Edition. This letter was chosen from more than 1000 entries.

She has secured a place in this prestigious competition for 3 years in a row. In 2021 she stood 3rd & in 2022 & 2023 she stood 1st.

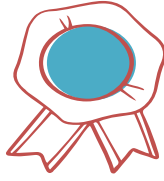




HALL OF FAME

'Writing to me is simply thinking through my fingers.' – Isaac Asimov
Ria Khorana, a grade 10 student at Ambassador School, has done us proud with the latest feather in her cap, being chosen as a veritable host at the recently concluded Emirates Airline Festival of Literature 2023. A glimpse from her literary journey reveals her innate ability to weave her thoughts into essays or short stories at school. At 13 years of age, she authored her maiden venture, 'What Can I Be?', which was subsequently published. The book topped the charts as the Amazon Best Seller in the Children's Literature category and remained at the first position for over a month. This accomplishment provided the platform for Ria to read to children from different schools across the UAE. She was given the prospect to read her book at the UAE's Al Sameem Pavilion at Expo 2020. Her book was first featured at The Emirates Airline Festival of Literature in 2022. 'My journey so far has been something I'm beyond blessed to have experienced at my age', are the words of our young Ambassador!





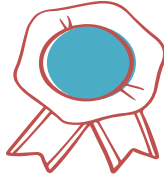
HALL OF FAME

Ambassador Explorers won the “Coding Award” at the FLL Nationals.
Hearty Congratulations to the team!

“Winning doesn’t always mean being first. Winning means you’re doing better than you’ve done before” – Bonnie Blair

First Lego League Nationals was held at GEMS International School Dubai on 04/03/2023. Our Junior team among the top 9 finalists presented their models at Nationals.





HALL OF FAME

"Winning isn't everything it's the only thing" - Vince Lombardi
ASD team "Challenge "won the 1st Runner-up Award for
" Project Innovation". -Hearty Congratulations!

Brainstorming sessions, ideation, pitching, and design thinking with the amalgamation of aesthetics and 21st-century skills, this project was made successful.

The project "Waste to wealth" "Rust powered ship" was based on rust from iron with metal zinc used to generate electricity. This was modeled to the judges using a sailing ship in the water that produced energy. On a larger scale, the energy could be used for various other purposes, as it is sustainable and pollution free.

The team of 10 students' diligent effort for 3 -5 months on this project enabled them to produce this result. Student research at various levels, experts' advice, ASD Art teacher's expertise, and engineer parents' support all are worth praising. Mr. Nitin Tyagi and Ms. Anitha Muralidharan were the mentors of the team.



Well-being Calendar - February



<p>1</p> <p>Whatever the mind of man can conceive and believe, it can achieve-</p> <p>Take time to reflect on what you have achieved this week.</p>	<p>2</p> <p>May people with pure intension find people with pure intension-</p> <p>Look for the good intension in people around you today.</p>	<p>3</p> <p>The day you stop blaming others is the day you begin to discover who you truly are-</p> <p>Avoid blaming yourself or others. Just find the best way forward.</p>	<p>4</p> <p>You don't always need a plan, just go-</p> <p>Put down your to-do list and let yourself be spontaneous.</p>	<p>5</p> <p>Being taken for granted can be a compliment-</p> <p>Thank yourself for achieving the things you often take for granted.</p>	<p>6</p> <p>The sign of a beautiful person is that they always see beauty in others-</p> <p>Try seeing goodness in other people.</p>	<p>7</p> <p>Solve the problem or leave the problem but do not live with the problem-</p> <p>Find a new perspective on a problem you face.</p>
<p>8</p> <p>Do anything but let it produce joy-</p> <p>Plan a fun or exciting activity to look forward to.</p>	<p>9</p> <p>These things are good things-</p> <p>Write down 3 specific things that have gone well recently.</p>	<p>10</p> <p>There is a difference between listening and waiting for your turn to speak-</p> <p>Practice active listening in your conversations to understand people better.</p>	<p>11</p> <p>You must trust and believe in people, or life becomes impossible-</p> <p>Share your most important goals with people you trust.</p>	<p>12</p> <p>It's going to be a wonderful day-</p> <p>Look out for the good news and reasons to be cheerful today.</p>	<p>13</p> <p>In a gentle way, you can shake the world-</p> <p>Focus on a positive change that you want to see in society.</p>	<p>14</p> <p>Difficulties allow us to change for the better-</p> <p>Remember that things can change for the better.</p>
<p>15</p> <p>If you can find a path with no obstacles. It probably doesn't lead anywhere-</p> <p>Do something to overcome an obstacle you are facing.</p>	<p>16</p> <p>Ask a friend how they have been feeling recently-</p> <p>Make sure your friends are well and okay. Sometimes they are going through things that are really heavy. They may not say but they are. Please love them and take care of them.</p>	<p>17</p> <p>Start today by appreciating your body and that you're alive-</p> <p>Appreciate every day that you're alive because being alive is a luxury that many don't get to experience for long</p>	<p>18</p> <p>Bring to mind people you care about and send love to them-</p> <p>Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.</p>	<p>19</p> <p>Difficult roads often lead to beautiful destination-</p> <p>Practice mindful breathing when you're facing a painful situation.</p>	<p>20</p> <p>No pressure, no diamonds-</p> <p>Respond to a difficult situation in a different way.</p>	<p>21</p> <p>You will never change your life until you change something you do daily-</p> <p>Change your normal routine today and notice how you feel.</p>
<p>22</p> <p>Creativity is contagious, pass it on-</p> <p>Be creative, cook, draw, write, paint, make or inspire.</p>	<p>23</p> <p>Being happy is the greatest form of success-</p> <p>Do something you love doing today. Be sure to give yourself time to feel the experience.</p>	<p>24</p> <p>Trust your crazy idea-</p> <p>Discover your artistic side. Design your own greeting cards.</p>	<p>25</p> <p>Send an encouraging note to someone who needs a boost-</p> <p>Today will never come again. Be a blessing. Be a friend. Encourage someone. Take time to care. Let your words heal, and not wound.</p>	<p>26</p> <p>Focus on being kind rather than being right-</p> <p>If you have a choice between being right and being kind, choose being kind and you will always be right.</p>	<p>27</p> <p>Smile at the people you see and brighten their day-</p> <p>Let us always meet each other with smile, for the smile is the beginning of love.</p>	<p>28</p> <p>Check in on someone who may be struggling and offer to help-</p> <p>Be someone's strength. Be someone's inspiration. Be someone's reason. To never give up.</p>