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Make a kind note for your teacher	Ask a grown up how the PTA helps North Beach	Write a short story	Say thank you to a helper	Get your backpack ready before school
Have a dance party!	Do ten jumping jacks	Listen, what can you hear around you?	Help a grown up with a chore or task	Draw a picture of Herbie!
Help your grown up prepare a meal	Take 3 belly breaths		Read a book	Thank your grown up for all they do
Talk to a friend about kindness	Wave hello to a neighbor	Talk to your grown up about the North Beach Auction	Have a healthy snack	Go for a walk
Sing a song (silently if needed)	Talk to a new friend at school	Splash in a puddle	Do something that makes you feel good	Use one of the great library resources

Student Name: _____ Classroom/Teacher: _____

Everyone can play and one lucky student wins a Herbie stuffy! Any and all participation is entered into the drawing. **Return completed forms to biggive@northbeachpta.org by Friday, November 17th.**