

THREE LITTLE LIGHTS FROM MY DAY

Noticing the good makes a brighter you!

Even ordinary
days have
special moments.

Hi! I'm Haki!

Let's look for three
little lights from
your day!

1

A Little Light That Made Me Smile

What made you smile today?



Smiles make
days brighter!

2

Someone I'm Thankful For

Who are you thankful
for today?



We're brighter
together!

3

Something I'm Grateful For

What is something you are
grateful for today?
It could be a person, a place,
a pet, nature, or something else
you love.



There are so
many good
things to notice!

4

A Little Light I Can Give

Tomorrow, I could make someone's day
a little brighter by...



Kindness can be a little light
in someone else's day.

Let's Talk About It

A family conversation can make the good
even brighter!



Ask: "Was there anything good
today that we nearly didn't notice?"



Grown-ups can answer too! ❤️

There are little lights
hiding in ordinary days.
Sometimes we just have to notice them.

KINDER
PEOPLE
BRIGHTER
DAYS