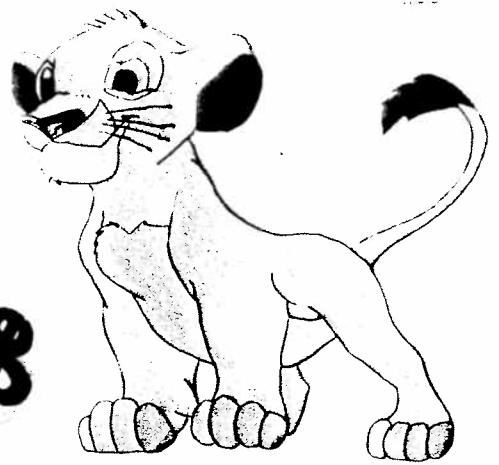


# You are what you EAT!



**Courage**

D  
E  
C  
E  
M  
B  
E  
R  
S  
T  
A

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
★	★	★	★	★	★	★
Donate non-perishables for a food drive. ★ 4	Be kind to your friends. ★ 5	Help given to the poor or suffering. ★ 6	An act or work of charity. ★ 7	Fundraising for a Charity. ★ 1	Donating clothes to the friendly warehouse. ★ 2	Donate money to your local telethon for a food drive. ★ 3
Donating gifts to the friendly warehouse. ★ 11	Having a bake sale, with the earnings going to the shelter. ★ 12	Having an auction with the earnings going to the shelter. ★ 13	Donating supplies to the shelter. ★ 14	A fund, institution, or organization for helping the poor or suffering. ★ 8	Love for one's fellow man. ★ 9	Kindness in judging the faults of other people. ★ 10
Donating toys to the friendly warehouse. ★ 18	Comforting a friend if they were just bullied. ★ 19	Doing jobs for teachers. ★ 20	Encouraging friends to do their best in school or sports. ★ 21	Helping out at a soup kitchen. ★ 15	Inviting friends to join you for dinner, whether they can't afford or have time to make one. ★ 16	Sharing a lunch with someone if they didn't bring enough food. ★ 17
Volunteering to build a homeless shelter. ★ 25	Organizing a telethon to raise money for charities. ★ 26	Organizing a yard sale with the earnings going to charities. ★ 27	Donating winter wear to shelters. ★ 28	Helping a person who got injured. ★ 22	Helping a classmate understand their schoolwork. ★ 23	Calling your first teacher to help with a problem. ★ 24
				Donating baby supplies to shelters. ★ 29	Donating money to Simon Foundation. ★ 30	Collecting non-perishables for a food drive. ★ 31

A  
D  
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*Courage*



**FOCUS ON STUDENT WORK:**

**GRADE 7/8:**

