

April 2024

Monthly Newsletter

Ambassador Times





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

From the Principal

'The art of life is a constant readjustment to our surroundings'.

- Kakuzo Okakura

As I ponder on the last academic year it feels like it has passed in a flash. However, when I scroll back through my calendar and take note of all of the events, learning, celebrations, challenges and successes that have occurred it is nothing short of remarkable. It will not be an exaggeration to say that this academic year has been a very successful one, and I believe we can look back with pride and gratitude with all that has been achieved.

Countless unforgettable experiences, cherished moments, and enriching learning opportunities have marked our path. Leaving the early days of face masks and limited activities behind, we progressed to full-fledged Annual Days, Kindergarten Sports day, Graduation Ceremonies, Spectrum, and class performance assemblies where each and every student shone on stage. Captivating field trips, Adventure journeys were reintroduced. Many students experienced their first overnight slumber parties, demonstrating resilience, kindness, and compassion while having a wonderful time. These events, alongside the rich daily learning experiences in classrooms, playgrounds, labs, STREAM classes have provided unforgettable moments contributing greatly to our students' personal and academic growth.

None of this happens by chance; it is the result of our exceptional team of dedicated teachers and passionate leaders who consistently go above and beyond to support our students in realizing their full potential.

The recent grades 10 and 12 results bear testimony to the statement. The positive impact our teachers, teacher assistants and inclusion team have in their daily interaction with our students cannot be underestimated. I express my heartfelt appreciation and gratitude to all our staff, for their commitment and hard work in creating a nurturing, caring, and stimulating learning environment for our student community.

I must commend our students for their hard work, compassion, understanding and care for each other. We recognize that there is a lot to learn as we grow up and there are mistakes made along the way. However, our values of resilience, integrity, kindness, diversity, creativity and excellence are promoted and demonstrated daily. I am sure these values will continue to play an important role in every child's development.

I extend sincere gratitude to our parents for entrusting us with your children's education and well-being. We are immensely proud of their achievements and eagerly look forward to what the future holds for us. Most importantly, our students have enjoyed another fabulous year. They have excelled in so many fields it is impossible to list them all. I have attended many celebration events and have listened in awe as their achievements have been described. These achievements have been in their academic studies, sport, music, the arts to name just a few and we are justly proud of them.

We will continue to work as a team to be the wind beneath our students' wings while setting the priorities to build upon the successes of the school. We strive to do better; to challenge ourselves and our students to set the highest standards and achieve our ambitious goals.

Looking forward to embracing the learnings, successes and victories in the new academic year.

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

ONLINE LEARNING



RAMADAN CHARITY DRIVE



HIGHLIGHTS OF THE MONTH

ONLINE LEARNING

“Despite the unexpected challenges of weather in Dubai, our little KG champions at Ambassador School are embracing online learning with boundless enthusiasm!

While these circumstances may have disrupted our usual routines, we are happy that online education continues seamlessly for all our students. Our dedicated teachers are working tirelessly to ensure that learning never stops, providing engaging lessons, interactive activities, and constant support to our students, even from afar. Whether it's singing along to nursery rhymes, exploring the wonders of numbers and letters, or unleashing their creativity through arts and crafts, these young learners are proving that nothing can dampen their love for learning! Keep shining bright, little ones! Your thirst for knowledge and zest for life remind us that even in the face of adversity, the joy of learning knows no limits.



HIGHLIGHTS OF THE MONTH

RAMADAN CHARITY DRIVE

‘Charity is just not about giving or sharing; it is an act of kindness to be fostered as early in children as possible’.

At ASD children are always taught on their community responsibilities, believing in the happiness of giving that liberates our soul. As always, students, parents and staff of Ambassador all joined in large numbers, pouring in their contributions of dry edibles and essentials for daily requirements during the holy month of Ramadan. Eventually, our students gathered and with much excitement and joy, they distributed the goodie-bags to the school nannies and bus drivers, whom they lovingly called ‘Aunties’ and ‘Bus-Uncles. The joy of giving away to the people who take utmost care during the time at school & bus, was worth a watch. Charity Drive at ASD is definitely in tune with the mood of Ramadan and the Islamic principles; however, it also continues to be a core ethical value instilled in our students from the formative years to develop the culture of kindness and empathy.

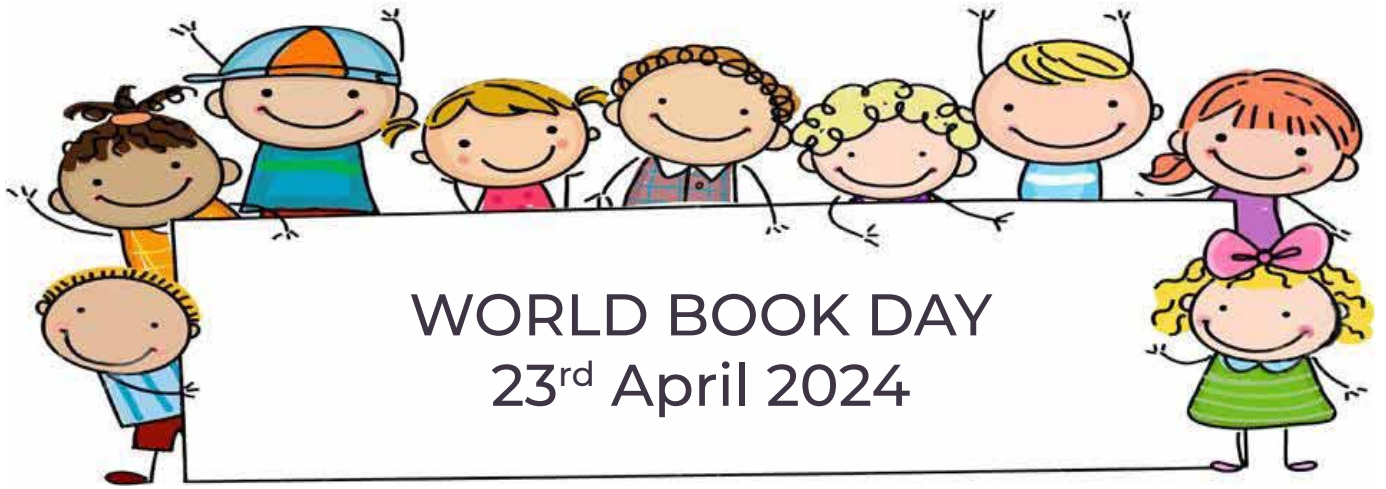




This World Earth Day, our KG students took a stand in the battle of Planet vs Plastic!

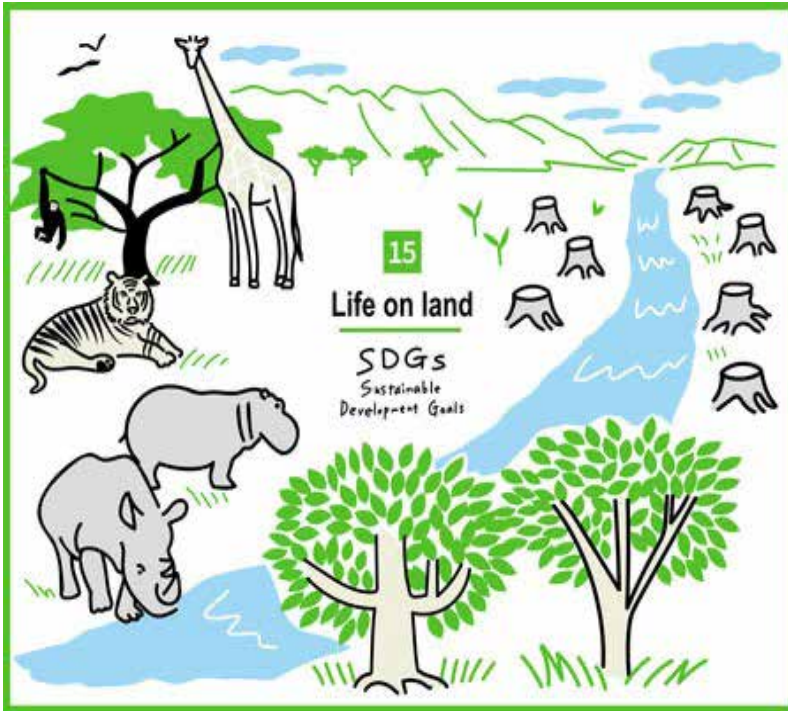
Our little champions at Kindergarten embarked on a journey of eco-awareness and sustainability in celebration of World Earth Day!





Our little bookworms participated in an exciting book swapping activity, exchanging their favorite stories with one another. They were treated with mesmerizing interactive puppet shows that brought their favorite stories to life in the most delightful way in the library. The whole week, our students embarked on a magical literary journey as they celebrated the joy of reading and storytelling on World Book Day!





NURTURE OVER NATURE

CLASS MAGAZINE
GRADES 2 TO 5

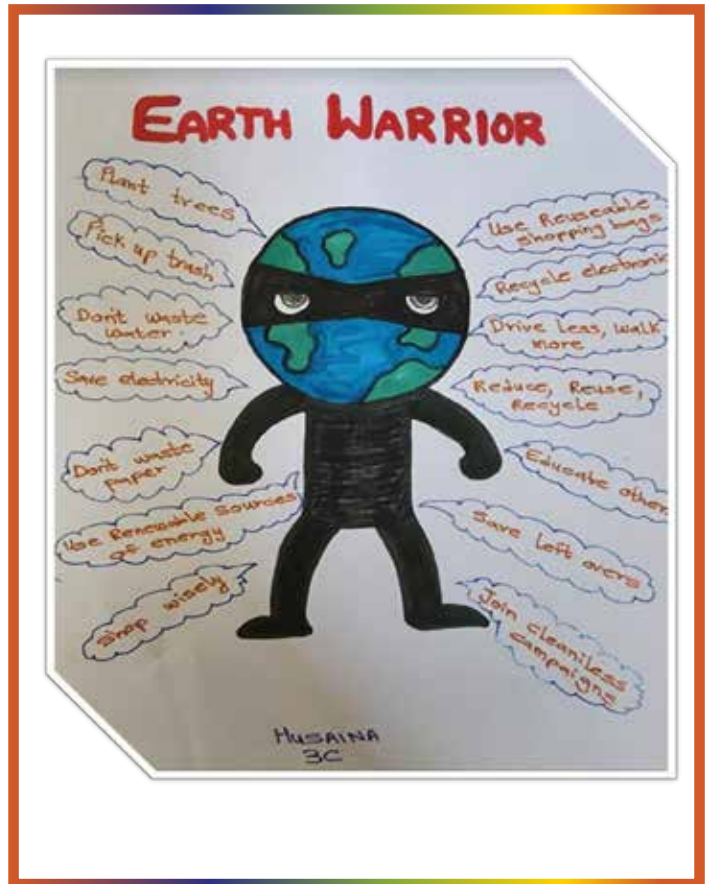
EARTH'S WARRIORS



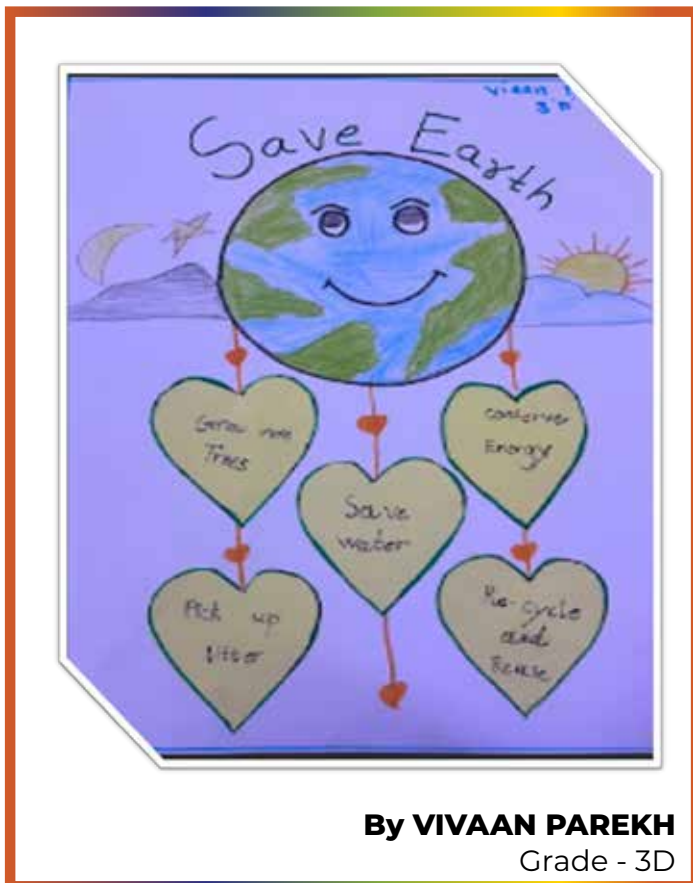
MY SPACE



By MUHAMMAD RAYYAN
 Grade - 3B



By HUSAINA
 Grade - 3C

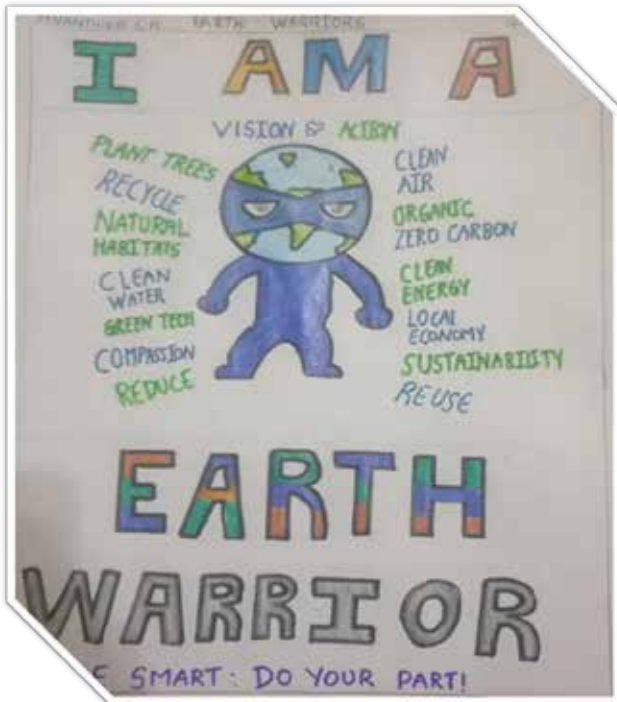


By VIVAAN PAREKH
 Grade - 3D

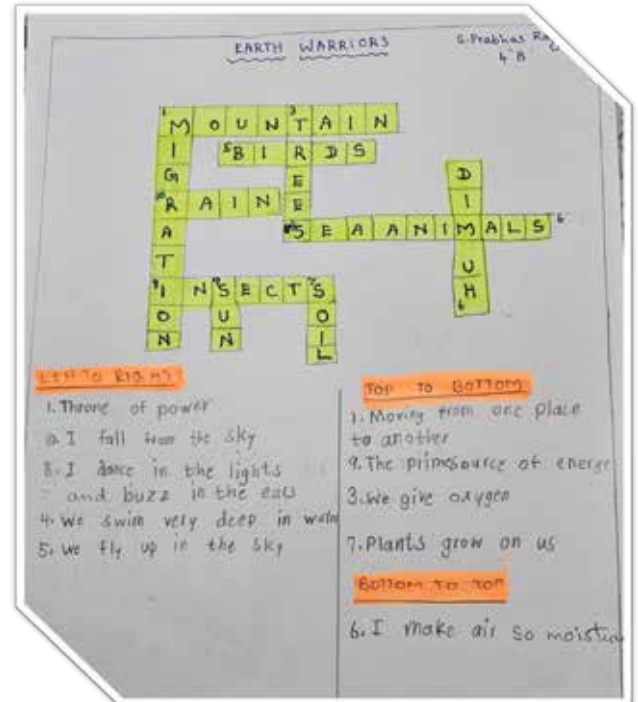


By SIYA SANSARE
 Grade - 3E

MY SPACE



By AVANTHIKA NAIR
 Grade - 4A



By PRABHAS RAGHAV
 Grade - 4B



By SHRENA NAIR
 Grade - 4c

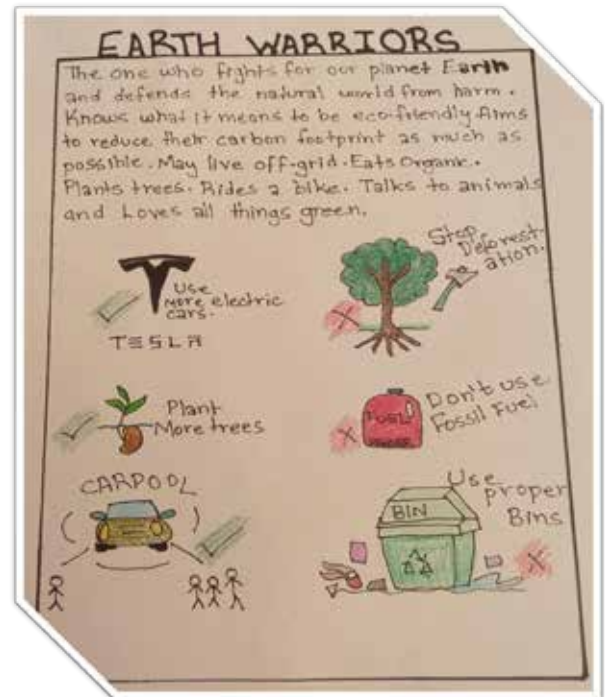


By NIA WADHVA
 Grade - 4D

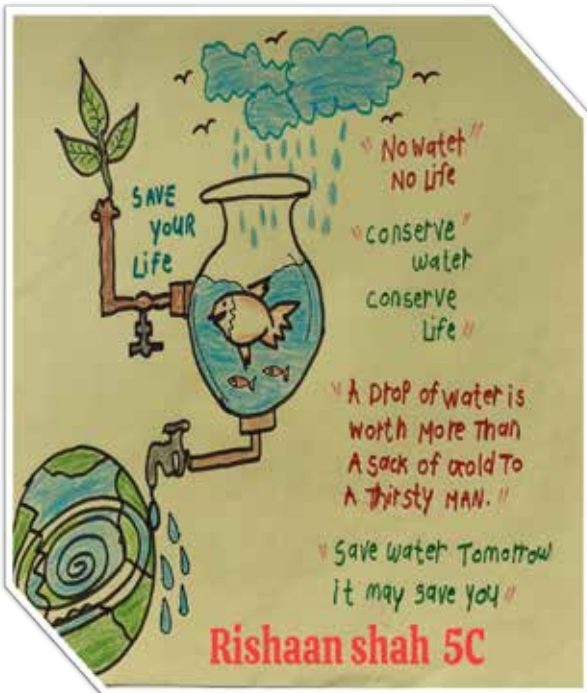
MY SPACE



By PRIYAMVADA
 Grade - 5A



By ARJUN SONI
 Grade - 5B



By RISHAAN SHAH
 Grade - 5C



By RUSHIL RAO
 Grade - 6A

MY SPACE

Plastic Vs Planet

Plastic versus planet, why is it a fight?
 Nature is fading, what is sad sight
 Trash everywhere, oceans so green,
 Our poor planet's future is now dim.

Birds tangled in nets, animals suffocate,
 Man-made trash seals their fate.
 Yet still we consume, heedless of the toll,
 Blinded by convenience, losing our soul.

One thought amazing, not littered all around,
 Plastic's convenience comes with a cost so profound.
 Dark everywhere, making creatures suffer so,
 Our Earth is needing for help, it's time we know!

Reduce, reuse, recycle, that's what they all say,
 To save our planet, we have got to start today.
 Cutting down on plastic, making a plan,
 Our Earth needs us now, let's give her a hand.

In this battle, it's not about being the best,
 It's about saving our planet, giving it a rest.
 So lets step up, make a change, take a stand,
 For a future where Earth's beauty can expand.

BY 12-A: TANISHA, RIA, ANIARA, HARSHITA, REET.

EARTH'S VOICE

1. I wish I could say the oceans were vast and deep, but the beaches are full of plastic.

2. I wish I could say the air was clean, but the Earth is being smothered by the thick blanket of smog that we have made.

3. I wish I could say the land was lush with green, but the forests are being cut down for paper and wood.

4. I wish I could say the animals were safe, but the oceans are full of dead fish and the land is full of dead birds.

5. Although there is much we can do, it is not easy. We must all do our part to help the Earth. We must stop using plastic and paper, and we must stop cutting down trees.


6. We must all do our part to help the Earth. We must stop using plastic and paper, and we must stop cutting down trees.

7. We must all do our part to help the Earth. We must stop using plastic and paper, and we must stop cutting down trees.

8. We must all do our part to help the Earth. We must stop using plastic and paper, and we must stop cutting down trees.

By: MATHIKA KUMAR
 - 508

PLASTIC VS PLANET



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EARTH DAY

Activity

I will help you save plastic bottles.
 Don't put waste water when
 not needed. Instead
 I will be eco-friendly and
 which you can't harm you!

Yours Sustainable Friend
 Miss Khushboo Hussain

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By Miss H. 68

AI's Embrace....

In a world of learning, where dreams take a flight,
AI lends it's hand to make everything right.
For People of Determination, a beacon of hope,
AI's gentle touch helps them skillfully cope.

In classrooms adorned with technological grace,
Personalized learning sets the pace.
Each student unique, with needs to attend,
AI adapts, ensuring no journey shall end.

With whispers of algorithms, assistive and kind,
AI lends its voice, a friend to the mind.
From speech to text, it bridges the gap,
Empowering voices, no longer a trap.

In the fabric of society, inclusivity we weave,
AI stands as ally, ready to believe.
With each line of code, a promise to uphold,
That every person, their story to be told.

So let us embrace, with open hearts wide,
The support AI offers, with love as our guide
For in unity and compassion, we find our heart,
Strengthening support, never apart.

←→
THANK YOU !!!

By:
Hiyasha

ARTICLE BY HEER ENGINEE- 12B

My name is Heer Enginee and I'm a grade 12 student. I have been in Ambassador school my entire academic life. When I was in grade 3 my teacher approached me and said that my written answers weren't clear and complete. However, she believed that I knew the answers and asked me to answer them orally as she read out the questions to me. Her belief wasn't wrong; I answered all the questions without a doubt. It was soon discovered that I had reading difficulties. The happiness center at our school stepped in and helped me every step of the way since then. They not only helped me through accommodations and provisions that catered to my needs but also highlighted my strengths and helped me to discover my passion for yoga. My teachers as well as the experts at Happiness center provided me with the extra support I required and never failed me.

ARTICLE BY DISHA PREMKUMAR 12-B

“Inclusion is like a rainbow - it's not about blending colors, but celebrating the vibrant spectrum of uniqueness, each hue enriching the canvas of humanity.”

Inclusion is when opportunities are equally provided to people regardless of any factors that make them stand out differently. When inclusion is practiced, everyone feels appreciated, respected, and welcome in this world. It is necessary to be impartial to anyone and it overall develops the wellbeing of this world. Universities and schools that practice inclusion can better reach out to their students when they practice inclusion since they do not feel left out because of their differentiating factors.

Diversity and Inclusion go hand in hand. Since the world is becoming increasingly diverse, we need to make sure that we're accommodating enough space for everyone's needs. If change doesn't start from the self, change will never start. Just faking it never really makes a change. If they do not believe it, people can tell that they aren't being serious about it and at some point, the facade would fade away.

AI EMBEDS ITSELF IN THE CLASSROOM: FRIEND OR FOE?

The chalkboard is no stranger to evolution. From dusty erasers to interactive whiteboards, technology has continuously reshaped the learning landscape. Now, Artificial Intelligence (AI) is poised to be the next big player, promising to transform classrooms from textbooks and lectures to personalized learning experiences. But is AI a friendly tutor or a robotic replacement for teachers?

One of the most exciting possibilities of AI is its potential to personalize learning. Imagine a system that analyzes a student's performance and tailors the curriculum to their strengths and weaknesses. AI-powered tools can identify areas needing improvement and recommend targeted exercises or practice problems. This individualized approach caters to different learning styles, keeping students engaged and motivated.

Furthermore, AI can act as a tireless tutor, providing students with immediate feedback and explanations. Struggling with a complex math concept? An AI program can offer step-by-step guidance and answer questions in real-time. This frees up teachers to focus on more complex concepts and provide individualized support to students who need it most.

AI's ability to create immersive learning experiences is another potential benefit. Imagine virtual reality field trips to historical sites or interactive simulations of scientific phenomena.

These experiences can bring abstract concepts to life, fostering a deeper understanding and sparking curiosity. However, the rise of AI in classrooms also presents challenges. One concern is bias in algorithms. If AI tools are trained on biased data, they can perpetuate those biases in the learning process.

For instance, an AI program might suggest different learning paths for students based on race or gender. Careful development and monitoring are crucial to ensure fairness and inclusivity.

Another concern is the potential for AI to replace teachers altogether. While AI can be a valuable tool, it cannot replicate the human element of teaching. The ability to inspire, motivate, and build relationships with students remains irreplaceable. The best use of AI lies in its ability to empower educators, not replace them.

In conclusion, AI's arrival in the classroom presents both opportunities and challenges. By harnessing its potential for personalization, real-time feedback, and immersive learning, AI can be a powerful tool to enhance education.

However, it's crucial to address issues of bias and ensure that AI complements, rather than replaces, the irreplaceable role of human teachers. As we move forward, the key lies in striking a balance, creating classrooms where cutting-edge technology empowers educators to nurture the next generation of learners.

THWISHA SONALKAR - 12A

~ Unconscious Biases Unveiled ~

Unconscious bias, often referred to as implicit bias, is a pervasive yet hidden force that affects our judgments and actions without our conscious awareness. It operates silently in the background of our minds, shaping our perceptions of people and situations based on deeply ingrained stereotypes, attitudes, and experiences.

While we may like to think of ourselves as rational and impartial beings, the reality is that unconscious bias can infiltrate every aspect of our lives, from the workplace to social interactions and beyond. It can influence who we hire, how we interact with others, and even the decisions we make in our personal lives.

Ultimately, overcoming unconscious bias requires a concerted effort at both the individual and institutional levels. It requires humility, self-reflection, and a commitment to challenging the status quo. By acknowledging the presence of unconscious bias and working together to address it, we can move closer to building a more just and equitable society for all.

~Advika Todkar - 9A~

A WELCOME TO ALL

We're all different, it's true,
With our own unique view,
But in this friendly space,
Everyone has a place.

We're all different, no doubt,
With our own route,
But here we've got your back,
Accepting every single track.

We're all different, of course,
But it doesn't divide us,
Give value to everyone,
Worthy we all become.

We're all different, but don't fear
We accept everyone here,
This is our pledge, you'll see,
A place where we all can be free.

THWISHA SONALKAR - 12A

PARENTING AND MORAL VALUES

Parenting plays a very important role in shaping a child's future, moral values and vision. Parents are primary role models and have the crucial responsibility to imprint moral values in children. We live in a modern world, which has been engulfed by the wave of technology. The changes in the modern world have brought so many alterations in our lives. The bright side being our life is becoming better and better. But we know that all stories have two sides and the downside of this story is that the morality in our children is deteriorating. An online research conducted between 2009 to 2018 shows that parents play a very crucial role model in shaping a child's morality. They should ensure that children are actively involved in the family, are instilled with religious beliefs, keep the channels of communication open and provide bonding time for children with grandparents and in the early years of a child's life develop a sense of right and wrong, that will help them to distinguish between what is acceptable and what is not. Therefore, it is very important for parents to instil positive values and principals early on.

Here are some ways that can help parents to their children to develop strong moral values.

Children learn from the behaviour of adults around them. So it's important to model the behaviour you want to see in your children. If you want your child will be honest, punctual and kind then you should exhibit these traits in your behaviour.

Set clear boundaries and rules for them but at same time they should understand why these rules are important them and the behaviour you expect.

Praise plays a very important rule in children's behaviour. For example, if your child is showing positive behaviour, such as being kind with others or telling the truth, you should acknowledge and reinforce that behaviour. This will help them know why their behaviour is important.

Teach Empathy because it encourages the child to think about how others might feel and consider the impact of their actions on others.

Encourage your child to think critically about moral issues and also discuss the ethical dilemmas which help the child to understand the consequences of their actions.

As children grow, they should have the ability to make their own decisions and at the same time take responsibility for their actions.

Overall, parenting is a complex and challenging task, but it is important to remember that shaping the moral compass by modelling positive behaviour, setting clear expectations, fostering empathy and critical thinking will help to instil moral values in your child that will last a lifetime.

RUCHI GUPTA, PARENT OF RAVYA GUPTA - GRADE 2B

NATURE OVER NURTURE

NATURE OVER NURTURE

As we navigate through life, nature and nurture shape who we are. By embracing diversity and creating nurturing environments, we promote well-being and celebrate the unique qualities that make each person extraordinary. Let's explore the powerful influence of nurture and nature in building a harmonious society that values well-being and inclusion.



Well-being flourishes when we cultivate environments that prioritize care, empathy, and support. Nurturing relationships, be it with family, friends, or mentors, play a pivotal role in fostering emotional resilience, self-acceptance, and mental health. By recognizing and nurturing the well-being of every individual, we create a community where everyone can thrive and flourish.

As we navigate through life, nature and nurture shape who we are. By embracing diversity and creating nurturing environments, we promote well-being and celebrate the unique qualities that make each person extraordinary. Let's explore the powerful influence of nurture and nature in building a harmonious society that values well-being and inclusion. Nature endows us with diverse attributes, talents, and capabilities. It is through nature that our unique strengths and qualities emerge. By recognizing and celebrating these inherent traits, we create an environment that nurtures authentic self-expression and promotes well-being. Embracing our nature allows us to contribute to the greater whole with our distinct gifts, fostering a sense of purpose and fulfillment.

"Nature is all that a man brings with himself into the world; nurture is every influence that affects him after his birth."

As we navigate through life, nature and nurture shape who we are. By embracing diversity and creating nurturing environments, we promote well-being and celebrate the unique qualities that make each person extraordinary. Let's explore the powerful influence of nurture and nature in building a harmonious society that values well-being and inclusion. While nature provides the foundation, it is the power of nurture that shapes us into the best versions of ourselves. Nurture allows us to transcend limitations, overcome challenges, and grow into compassionate and resilient individuals. In nurturing environments, we find support, guidance, and opportunities for personal growth, enabling us to reach our fullest potential.

NATURE OVER NURTURE

NATURE OVER NURTURE

As members of an inclusive community, we have the power to shape our collective destiny. Let us champion the importance of nurturing well-being and embracing the diverse nature of every individual. By fostering inclusive environments that prioritize care, empathy, and support, we can create a society where all individuals thrive. Together, let us nurture the seeds of well-being and inclusion, cultivating a brighter and more harmonious future for all.

Nature and nurture dance together in our journey of life, intertwining to create the vibrant tapestry of human existence. By nurturing well-being and embracing inclusion, we honor the diverse qualities that make each person unique



Let us be the architects of a nurturing and inclusive society, where well-being and inclusion are celebrated as the foundation for a brighter and more harmonious world.

EID-AL FITR CELEBRATIONS

Celebration gets heightened when the purpose of celebration is well understood. As the Eid-al Fitr stands at the doorstep, students at ASD held a beautiful and meaningful morning assembly. The program highlighted the essence of Eid-al-Fitr as a festival and celebrations with friends and family. A heartwarming skit on the joy of giving and sharing was so well executed by students of primary and middle school, further driving the point about the importance of family as a social unit. The spirit of the festival and week ending on a long break for celebrations and family time, reverberated in every nook and corner. We wish all our ASD members: students, teachers, staff and parents a very 'Happy Eid -al-Fitr.'



WORLD AUTISM AWARENESS DAY

“The first step toward change is awareness. The second step is acceptance.”
Nathaniel Branden

On the occasion of the World Autism Awareness Day, teachers and students at ASD collaboratively worked in raising their knowledge on Autism. Discussions based on a presentation was the first of the roadmap to developing empathy and awareness in recognizing a peer with autism. The acceptance of a friend with different needs is what is most significant in this journey of understanding inclusivity. Empathy, and not sympathy is what we ask our students to develop for lending support to their friends with autism. Teachers dressed in blue to spread the message of autism and reflection from students made the awareness program truly fulfilling.



EARTH DAY CELEBRATION

“Humans shape society, but they forget they too belong to Nature, who owns the planet. What if Nature decides to snatch away what you think is yours, have you thought of it?”Nature Talks

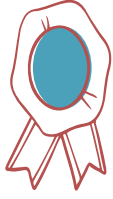
‘Better late than never’ suits in all situations including the delayed Earth Day programs at ASD. The recent weather challenges in Dubai might have had derailed ASD’s Earth Day celebrations, but it could not deter the students’ mood and determination to have the day remembered and to showcase their understanding of the planet that they live in.

The ASIST club members passionately championed the cause of sustainability under the theme PLANET Vs PLASTIC in the morning assembly. Through a dynamic combination of presentation elements, they highlighted on the pressing need to address environmental concerns. The backdrop, adorned with the striking title, set the stage for a thought-provoking discourse. A meticulously crafted 3-D model of a vibrant Earth symbolized the potential of a future where sustainability reigns supreme.

The emotional depth of a solo poem reading captivated the audience, underscoring the urgency of a collective action. Following this, a lively dance performance by a student infused the assembly with energy, demonstrating the joy and vitality inherent in embracing eco-friendly practices. However, the climax of the event was the entire audience coming together to take a solemn pledge.

Through the poignant assembly and the varied expressions from students across grades in the many activities undertaken by Social Studies department in classrooms, further reinstate the power of collective action and the indispensable role each individual plays in safeguarding our environment for future generations





HALL OF FAME

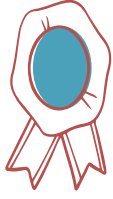
National SPOT (Science Promotion Orient Test) 100 Results (2023-24)

The Vikram Sarabhai Science Foundation, India administers the SPOT test annually to enhance scientific aptitude among students, renowned for its rigorous assessment process including Mock, Prelims and Final exam. Once again, three students from Ambassador School Dubai, namely Dia Rupani (Grade 3), Amaira Shori (Grade 4), and Aarya Singhania (Grade 6), have secured positions among the top 100 science talents in final exam. Particularly noteworthy is Amaira Shori's achievement as the National Topper. This recognition underscores their exceptional academic prowess and commitment to scientific exploration. Their success is a testament to both their individual abilities and the supportive educational environment fostered by Ambassador School Dubai. The school commends these students for their remarkable accomplishments, reaffirming its dedication to nurturing academic excellence and innovation.

Heartfelt congratulations to the students on their outstanding achievement, with best wishes for their continued success in the field of science.

Well done Amaira, Dia, Aarya!





HALL OF FAME

League of Logic Stars

Accepting challenges of many kinds and from different sources and corners and to be able to come as winners, require high levels of skills. Ambassador School, Dubai yet again has reasons to feel proud as teams of different age groups of students won many medals and certificates at various levels, being recognized for their high levels of critical thinking, problem solving and analytical skills in an international competition called 'League of Logic'. Patrina Isac of Grade 8 has done immense proud to her alma mater and UAE for winning the third prize globally with her strong skills that she showcases in any subject matter.

Heartiest congratulations to all our Gold, Silver, Bronze medalists and scholars for their exemplary achievements taking their schools' name to such heights of fame. We congratulate our parents and teachers for their consistent support to our students, instilling the faith in their own abilities and nudging them to achieve their dreams.

LEAGUE OF LOGIC
COMPETITION (2023-2024)



PATRINA ISAAC
UAE Region 3rd Rank

Congratulations

Well-being Calendar March 2024



1

Reflect on the story you're telling yourself about your life this year-

Self-awareness gives you the capacity to learn from your mistakes as well as your successes.

2

Make a list of New Year's resolution-

New year, new me, same dreams, fresh starts.

3

Spread good will and kindness this holiday season-

The best way to spread holiday cheer is to be the joy and kindness you wish to see in the world.

4

Practice mindful eating over the holidays-

It allows us to fully appreciate the sensory delight of eating and to be more conscious of the amount and nature of all that we eat and drink.

5

Instead of texting, call a friend today-

One text, one word, one phone call can change someone's mood entirely.

6

If there's tension in any of your relationship, take steps to repair it-

There comes a time when a relationship needs a tune-up to repair and reset key areas within it, so it can once again feel healthy, loving, exciting, renewed and promising.

7

Help young people learn to spread love and kindness-

No act of kindness, no matter how small is ever wasted.

8

Support a charity or campaign you really care about-

We make a living by what we get, but we make a life by what we give.

9

Listen wholeheartedly to others without judging them-

When people talk, listen completely, never judge someone without knowing the whole story.

10

Buy an extra items and donate it to a local donation box-

It's not the amount that matters but the meaning behind your donation.

11

Ask for help and let someone also discover joy of giving-

When you ask for help, you not only empower yourself, but you also empower someone else to experience the profound joy of giving.

12

Treat everyone with kindness today, including yourself-

Treating everyone with kindness, including yourself, is a great way to create a positive and harmonious environment.

13

Bring joy to others by sharing something made by you-

Happiness is homemade. Share your creations and bring joy to others.

14

Plan a surprise visit to loved one's home to make them happy-

In the midst of our busy lives, the best moments are those unexpected reunions. Get ready for a surprise that will fill your day with smiles.

15

Turn off digital devices and really listen to people-

The most meaningful connections are often found in the silence between the words.

16

Get outside, pick up litter or do something kind for nature-

Step outside, lend a hand to Mother Earth, pick up litter, sow kindness, and watch the world bloom with gratitude.

17

Be generous, feed someone with food, love or kindness today-

Being generous with your time, compassion, and resources can make a positive impact on someone's life.

18

Give a gift to someone who is homeless or feeling lonely-

Consider donating to or volunteering with local shelters and organizations that support the homeless to have a broader impact in our community.

19

Take a minute to remember what really matters to you and why-

Always remember that in one minute you can change your attitude and in that minute you can change your entire day.

20

Share a happy memory or inspiring thought with a loved one-

Sometimes small memories cover large part of our hearts.

21

See how many different people you can bring smile on their face-

It feels good when you can put a smile on someone's face by simply being yourself.

22

Contact an elderly neighbor and brighten up their day-

Remember that even a simple chat or a friendly visit can make a world of difference to an elderly neighbor. The key is to show them that you care and are there to support them when needed.

23

Look for positive to say to everyone you speak to-

Say something positive and you will see something positive.

24

Notice when you're hard on yourself or others and be kind instead-

Don't beat yourself up, we are all human, instead of focusing on what went wrong, think about how you can do better next time.

25

At the dinner table tonight, have each family member share what went well today-

A strong family has well-worn seats at the dinner table.

26

Recall three things you've done that you are really proud of-

Be proud for what you have achieved so far and at the same time remember there will be more to do.

27

Explore your interest- what do you love to talk about? What do you love to do? -

Don't let fear or insecurity stop you from trying new things. Believe in yourself, do what you love.

28

Light a candle and reflect on gratitude today. Share what are you grateful for and why? -

Every time you feel grateful, you are giving love and whatever you give, you receive.

29

Be kind and share some positivity today. Find ways to boost each other's wellbeing-

True beauty is born through our actions and aspirations and in the kindness we offer to others.

30

Tell someone about an event in your life that was really meaningful-

Sometimes, a single event can redefine your purpose and set you on a new path.

31

Share your three favorite family memories from 2023-

Share your happy moments with your loved ones.