



An Activator for Gratitude

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### **Feel Good, Do Good**

Sam the dog learned that by doing good, you feel good too. How awesome is that? Your challenge is to find something **good** that you can do today. You'll know it's a good thing because good things usually help someone or something else.

After you do it, think about how it made you feel. Write or draw how it feels to do something good. When you do something good for someone else, doesn't it make you want to keep doing more good?

When you **feel** good, you **do** good.  
When you **do** good, you **feel** good too.