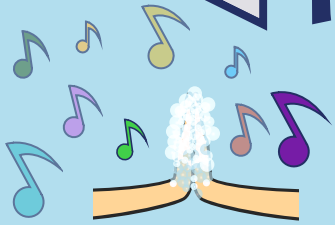


WAYS YOU CAN IGNITE GOOD! & MAKE A DIFFERENCE

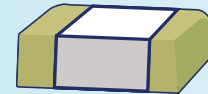
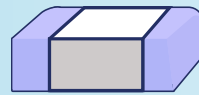


1. Make thank you cards for healthcare workers in your area.



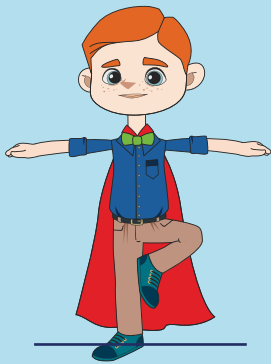
2. Create a 20-second song to sing while washing your hands and share it with your family.

3. Make your own soap and share it with family or friends.

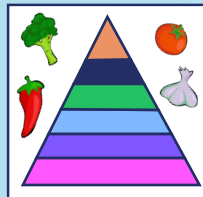


4. Make a poster about the importance of proper nutrition to share with friends.

5. Create a video of your own exercise routine to share with friends.

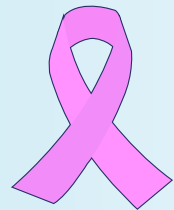


6. Teach a yoga or martial arts class for your friends to help them stay in shape.



7. Create "healthy food" posters you can hang in the cafeteria at school.

8. Run a marathon to raise money for the health issue of your choice.



9. Have a mental health check-in and set up a Zoom/Skype with some of your friends.

10. Create get well cards for sick patients at a local hospital.

