

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: MAKE A CARE PACKAGE



Want to show someone you care? How do you feel when someone surprises you with an act of genuine thoughtfulness? Put that energy into making a care package for someone who may appreciate some extra love right now.

Maya Angelou, said "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." When we take actions that demonstrate thoughtfulness, care, and consideration for other individual's feelings, we are showing them compassion. One way we can do this is with a care package.

Surprise! What better feeling than opening up a package from a loved one. Imagine, when you get that unexpected box of goodness, filled with kindness, care, concern, and all of your favorite things. Care packages can include homemade items such as baked goods, crafts, pictures/paintings or store bought items such as soap, candy, a journal, or anything you think that person might enjoy. Think off all the things they may enjoy, and the times you have spent together. Embody these ideas into the items you pick and then drop it off or mail it with love.

Practice Compassion Today:



1. THINK ABOUT SOMEONE YOU FEEL LIKE COULD TRULY BENEFIT FROM A PACKAGE FULL OF THEIR FAVORITE THINGS.
2. THINK ABOUT WHAT IS MEANINGFUL TO THAT PERSON.
3. MAYBE THEY LIKE FANCY PAPER, A CERTAIN KIND OF CHOCOLATE, COOL PENS? GATHER ITEMS THAT ARE THAT PERSON'S FAVORITE AND/OR HAVE SIGNIFICANT MEANING TO THEM.
4. ASSEMBLE IN A BOX. IF YOU ARE MAILING IT, BE SURE TO FILL OUT ALL INFORMATION, OR SECURE THE BOX TO DROP IT OFF.
5. (OPTIONAL) LEAVE A PERSONAL NOTE LETTING THE PERSON KNOW JUST HOW MUCH YOU CARE ABOUT THEM.



Parent Practice Tip:

Involve your child(ren) in the creation process. Maybe your child enjoys crafts or painting; let them put in their own handmade masterpiece. Have a conversation with them about how "gifts" like this one don't always have to be store bought and how sentimental value of certain objects can show care for others.

To Learn More:

What is Compassion in Action?

Care Package Ideas

More ideas...and printable gift tags

www.ChooseLoveToThrive.org