

#FeelGoodFriday

Click each picture to learn more!



TODAY
@TODAYshow



Following

See how one mom repurposed her wedding dress for an amazing yearly photo shoot
on.today.com/2gA60MT



RETWEETS

8

LIKES

38



12:09 PM - 11 Dec 2016



Good News Network

@goodnewsnetwork



Following

Teen Gifted With WiiU by Best Buy Workers After They See Him Playing Every Day

goodnewsnetwork.org/teen-gifted-wi...



RETWEETS

6

LIKES

12



10:52 AM - 12 Dec 2016



6



12





BuzzFeed
@BuzzFeed



Following

People are loving this adorable little superstar who has a prosthetic leg
bzfd.it/2hINOWb



RETWEETS

114

LIKES

639



10:07 AM - 12 Dec 2016



2



114



639





TODAY
@TODAYshow



Following

Watch this high school senior explode with joy after getting into his dream school
on.today.com/2hEKzus

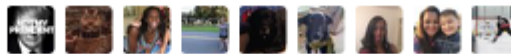


RETWEETS

40

LIKES

142



9:19 AM - 12 Dec 2016



5



40



142





Good News Network

@goodnewsnetwork



Following

Judge Dismisses 66K Warrants Against Homeless Because "It's the right thing to do"
goodnewsnetwork.org/judge-dismisse...



RETWEETS

14

LIKES

20



1:23 PM - 9 Dec 2016



14



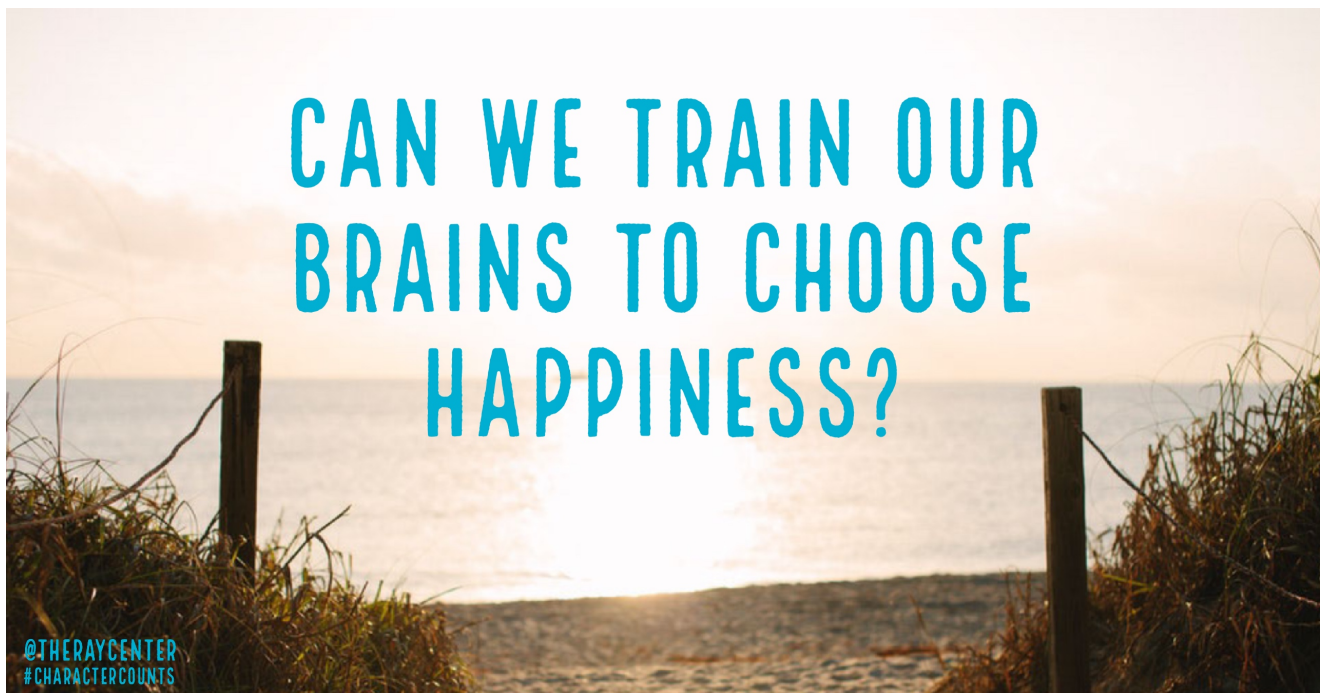
20



The power to forgive

Forgiving doesn't mean forgetting, nor does it mean approving, what someone did. It just means that you're letting go of the anger toward that person.

Feeling stressed out?



If so, you're not alone. We all feel stressed out at one time or another. It's a natural reaction to what goes on in our lives, especially during this busy holiday season. Recent research on the subject of stress and happiness indicates that we can handle stress better, live longer, be more successful, suffer less burnout, be smarter and be more productive by just training our brains to choose happiness. In his book 'Before Happiness', Shawn Achor writes about some steps we can take to help train our brains to choose happiness. In addition to regular exercise and meditation he suggests the following:

- ‘Three Gratitudes’: each day for 21 days, write down three things that your grateful for
- Journaling: each day write about one positive experience from the past 24 hours
- ‘Random Acts of Kindness’: each day write one positive email, text or social media post praising or thanking someone in your social support network
- What positive experience, from the past 24 hours, could you write about to start training your brain to choose happiness?

[Click here for more information on character education.](#)

#FeelGoodFriday

Look what made up smile this week; click each tweet to learn more!



TODAY ✓
@TODAYshow



Following

WATCH: @ladygaga shares kindness and powerful message on visit with LGBT teens
on.today.com/2gboMfR #ShareKindness



RETWEETS

4,564

LIKES

7,805



7:43 AM - 5 Dec 2016



218



4.6K



7.8K





A Plus 
@aplusapp



Following

After hearing 89 kids couldn't pay their school lunch fees, this man saved the day:
aplus.com/s/d6c008a067f



RETWEET

1



9:45 AM - 7 Dec 2016





BuzzFeed
@BuzzFeed



Following

This dad had the most adorable meltdown when he met an alpaca bzfd.it/2gkxNDI



Dimitris

This was the absolute SOFTEST
and most HUGGABLE animal
EVER.
it is an Alpahaca

I just couldn't stop hugging it



RETWEETS

303

LIKES

1,249



9:32 AM - 7 Dec 2016

18

303

1.2K





TODAY
@TODAYshow



Following

WATCH: Woman with brain cancer has dream wedding, thanks to hospital staff
on.today.com/2g6BaPS



RETWEETS

18

LIKES

101



1:55 PM - 6 Dec 2016

3

18

101





BuzzFeed
@BuzzFeed



Following

This athlete rushed to the bedside of a dying fan with “roughly four hours to live” bzfd.it/2g7dTgU



RETWEETS

110

LIKES

672



4:57 PM - 6 Dec 2016



5



110



672





Good News Network

@goodnewsnetwork



Following

Muslim-Owned Restaurant Offers Free Christmas Meal For Homeless and Elderly
goodnewsnetwork.org/muslim-owned-r...



RETWEETS

34

LIKES

47



10:30 AM - 6 Dec 2016



34



47





Good News Network

@goodnewsnetwork



Following

Anxious Rescue Goat Always Calms Down
When Wearing Her Duck Suit

goodnewsnetwork.org/anxious-rescue...



RETWEETS

3

LIKES

9



1:30 PM - 5 Dec 2016



1



3



9



Books to help teach friendship

Here's a list of a few book suggestions to start conversations about creating friendships and the value of them.

How to teach kids: “kindness wins”

One of the top questions I’m asked by parents is how to keep children safe online.