

HEALTH TREK
Week 26

Generous Giving: Blood Donation and the Gift of Time

People who wish to donate blood in Washington state need to be at least 18 years old, but people of any age can practice kindness and generosity. Complete each act of kindness below, then put a sticker on the star or color it in. To learn more about donating blood locally, visit <https://bloodworksnw.org>.

- 1
Take a walk outside with friends or family.
- 2
Hold the door open for someone behind you.
- 3
Read a book one chapter at a time.
- 4
Give a friend or family member a compliment.
- 5
Write down and share 3 things you're thankful for.
- 6
Help a family member cook a meal.
- 7
Have a grown-up help you donate clothing that doesn't fit anymore.
- 8
Have a grown-up help you pick up litter in your neighborhood.
- 9
Send a card or letter to friends or family who live far away.
- 10
Drink water every day to keep yourself hydrated.
Add a slice of lemon or some berries to add some taste.

