



FUN FACT
One in 10,000 clovers has four leaves rather than three.



WARNING!
Ask an adult's permission before using the oven.

KEEP A JOURNAL ABOUT GRATITUDE

A gratitude journal is a notebook for recording aspects of life that you're thankful for. Writing in one has been shown to help people feel happier and healthier. Here's how to begin.

- 1. Pick a journal.** You don't need a special journal to get started—any notebook will work. You can recycle one that's mostly unused by pulling out pages that have been written on. If you have a phone, you could use the Notes app.
- 2. Start writing.** Every day, write down one to three things you're grateful for. It could include people in your life, a fun activity you did that day, or even something you were excited to learn. Consider drawing pictures or adding photos to accompany your thoughts.
- 3. Reread often.** Every few weeks—or as often as you'd like—reread some of your previous entries. This can help spark fun and happy memories, which can boost your mood on days when you need it.



Make shamrock lollipops

What you need

- Baking sheet
- Parchment paper
- Lollipop sticks or wooden skewers
- Green apple Jolly Rancher hard candies
- Heavy-duty scissors or kitchen shears

Instructions

1. Heat oven to 275° F. Line a baking sheet with parchment paper. If you're using wooden skewers instead of lollipop sticks, ask an adult to help you carefully use the scissors to snip off the pointy tips of the skewers and then cut each stick in half.
2. Place three of the hard candies (unwrapped) in an upside-down T shape on the baking sheet, leaving enough room to add a stick later. Place in the oven and bake for 3½ minutes. Remove carefully.
3. Allow the candy to cool for 30 seconds, or until it's cool enough to touch but not

harden. Add a stick under the center of the shamrock and carefully use your fingers to press the softened candy into a shamrock shape around and onto the stick. With scissors, make a small snip in the center of each of the shamrock's leaves to make it heart-shaped.

4. Place the baking sheet back in the oven for 2 minutes to melt and smooth out the pop. Remove from the oven and allow pop to cool on the baking sheet.

Helpful hint: You can make more than one lollipop at once, but since the candies melt and harden quickly, it's best to make no more than three at the same time.



ECO TIP OF THE WEEK START A FAMILY "GO GREEN" FUND

Your family can help the planet by cutting back on resources like water, gas, and electricity. To help motivate parents and siblings, start a "go green" fund. Get together and review bills to see how much your household is spending on water, gas, and electricity. Aim to spend less by challenging everyone to use less. Ideas include setting timers for shorter showers, using the cold setting on the washing machine, and turning off the lights when leaving a room. When you get next month's bills, compare them to those from the same month last year and calculate how much you saved. Discuss putting some of that money toward something fun, like a special family outing.



Little changes can add up.