



## BIRTHDAY TRIVIA

In the US, August is the month that has the most birthdays. February has the fewest.



# Honor your special milestones

Celebrate the highlights of your life — both big and small — with these ideas.

**B**irthdays are a major occasion to celebrate. But there's also joy in recognizing life's smaller moments, such as mastering a new skill, acing a presentation, or achieving a personal best in your favorite sport. Research shows celebrating small moments boosts self-confidence, fosters gratitude, and increases your sense of well-being. Here's how to get started.

### Pick something to celebrate

First, think about what you'd like to celebrate. It can be a recent milestone, or you can start planning to celebrate a special moment that's coming up in the future. Reflect on any achievements in and out of school. For example, maybe you did better than you expected on a difficult test. Perhaps you tried something brand-new, like joining stage crew for the school play or participating in the county spelling bee. You may have earned a new badge in scouting or made your first 3-point shot on the basketball court. You can even celebrate milestones you might overlook,

like getting a cast taken off, having your first pet-sitting job, or being tall enough to ride the biggest roller coaster at the amusement park.

### Express gratitude

Think about who helped you achieve your milestone or supported you along the way. Was it a parent, coach, or teacher? Who cheered you on and encouraged you? You could send them a note to thank them or share a photo of your recent success to make them smile. If you decide to have a celebration, talk to your family about inviting close relatives to share in the festivities with you. If they live far away, you can set up a video call with them.

cake with writing in icing on top that recognizes your milestone, whatever it may be. Something simple—like "Way to go!"—covers almost any achievement. Or you can get creative or silly. If you're celebrating getting your braces off, for instance, you can write "Brace yourself for a new smile!" Be sure to take plenty of pictures to remember this day. (See the box at right for ways to make your party eco-friendly.)

### Pay it forward

One of the best ways to appreciate what you've accomplished is to give back. If you have achieved a personal goal or completed a big project, you can use the knowledge you've gained to help others. For example, if you worked up the courage to audition for the school play, you could help a nervous friend or younger sibling understand what the audition process is like and help them prepare for their own audition. If you aced a recent test, you could offer to help a classmate by tutoring them. You could also use skills you've learned—such as organizing a project from start to finish—to contribute to a community project, like helping to plan a food drive.



Choose a joyful message to write on a cake.

### Decide how you'll celebrate

Your celebration can be as simple as doing something together with your family, like having a favorite dinner at home or at a restaurant, taking a hike or a bike ride at a local park, or going to the movies. If you'd like to have a small party, talk to your family about the date and a guest list. You could have a special