



Did you know that right now, at this very moment, you're contagious? No, it's not the cooties. Nor is it some strange disease. It's our moods that are contagious. You might not be aware of it, but everywhere you go, you're rubbing off on people. And other people are rubbing off on you. Just like colds, emotions are contagious! When we're happy, we can lift the spirits of others around us. And when we're sad, we can sometimes drag their mood down too. You can even test this theory out. Walk up to someone and just smile really big and look happy. If you look closely, I'll bet you'll see them start to smile too. And the more we spread our happiness to each other, the more we all benefit in return. So every time you encounter others, do all you can to send a little happiness their way!