**Interact Challenge**

**Do 3 to earn the Interact Award**

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| Challenge | What you did | How did you feel about it? What did you learn? | If more people did this, how would the world be a better place? |
| Call an old friend you haven’t spoken to in a while. Tell her why you miss her and hope to reconnect. Encourage her to do the same with one of her old friends. |  |  |  |
| Design your own note cards and surprise three friends with them, telling them a few of the specific qualities you enjoy about them and your friendship. Encourage your friends to pass the gesture forward.  |  |  |  |
| Identify a stereotype used in portraying a character on TV show you and your friends watch. Think about who the stereotype hurts and then find a way to start a conversation with your friends about this stereotype and why you think it is wrong to use it. |  |  |  |
| Reach out and talk with someone you don’t usually talk with much. Ask questions and really listen to the answers. Try to clear your head of any first impressions. Encourage your friends to do the same.  |  |  |  |
| Going out? Invite someone who’s not normally a part of your group. Ask any other friends with you to make her feel included. Then encourage them to “pass it forward” by being the next to widen your circle. |  |  |  |