



# The Stall Street Journal

of Oak Park and River Forest High School

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## Let's Kick Off 2024 with Kindness!

Try this kindness exercise as a way of both promoting kindness in the world and cultivating happiness in yourself and others.



**How To Do It:** One day this month, perform five acts of kindness - all five in one day. It doesn't matter if the acts are big or small, but it's more powerful if you perform a **variety of acts**. The acts don't need to be for the same person, and the person doesn't have to be aware of them.

After each act, **write down what you did** in at least one or two sentences. For more of a happiness boost, also **write down how it made you feel**.

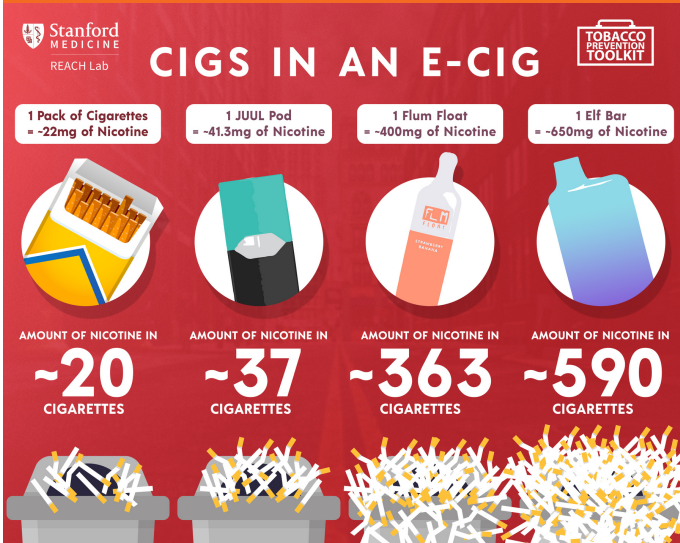


**Why It Works:** Researchers believe this practice makes you feel happier because it makes you think more highly of yourself and become more aware of positive social interactions. It may also increase your kind, helpful attitudes and tendencies toward others.

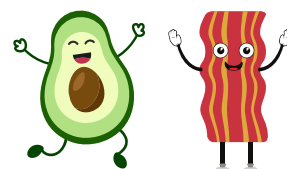
## New Year, New Choices

Do you want to **take better care of your mental and physical health** during the new year? Make a New Year's resolution to avoid or quit vaping, or encourage your family and friends to quit.

Vapes are **high in nicotine, more addictive than cigarettes, cause changes in your brain, and harm your health**. Know the facts - and spread the word - about the risks of vaping!



## Fill Up with Laughter with Funny Food Jokes



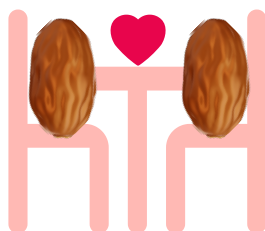
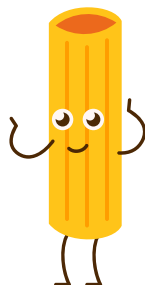
**When is eating just like school?**  
*When you have a lot of courses.*

**What do you call a fake noodle?**  
*An impasta.*

**What does a nosey pepper do?**  
*It gets jalapeño business.*

**Why was the fruit busy on Friday night?**  
*It had a date.*

**What does a candy bar do when something is funny?**  
*It Snickers.*



**How did the hipster burn their mouth?**  
*They ate pizza before it was cool.*

**Why was the artichoke so generous?**  
*It had a big heart.*

**Why did the peach wear deoderant?**  
*To freshen up its pits.*

**What do you call blueberries playing guitars?**  
*A jam session.*

**Why couldn't the hamburger stop making jokes?**  
*It was on a roll!*

