Even if it's a yucky day, you can get a hug. --Clark Todebush

A New Hotline for a Pep Talk from Kindergartners

"Amid a crush of heavy news from around the world, who couldn't use some sage advice right now? Call a new hotline, and you'll get just that -- encouraging words from a resilient group of kindergartners. Kids' voices will prompt you with a menu of options: If you're feeling mad, frustrated or nervous, press 1. If you need words of encouragement and life advice, press 2. If you need a pep talk from kindergartners, press 3. If you need to hear kids laughing with delight, press 4. For encouragement in Spanish, press 5."

Be The Change:

For more inspiration, check out this piece from the New York Times, "Need a Life Coach? This 5-Year-Old Can Help"