

# How to be an Everyday Angel

The Angelo sisters use their magical abilities to help Riley – but you don't have to be a real angel to help others! Check out these six ideas for how to be an everyday angel . . .

## 1. *Say it, don't think it.*

A girl you know has a nice new hairstyle. A boy in class who's usually annoying has done a great drawing. Your best friend was really good fun today and made you smile when you were grumpy. You might fleetingly notice and think about stuff like that, but how about saying something out loud? Come right out with a compliment? Giving someone a bit of praise can boost their self-confidence big time. And make you new friends!

## 2. *'There, there . . .'*



Feeling ill is pants. If your friend is off sick with flu or whatever, be aware that she will be feeling

- a) ropey,
- b) mopey, and
- c) like she's missing out on the fun that you and your other friends are having. So get yourself round to hers after school or at the weekend, armed with chat, chocolate and maybe a favourite magazine. Or, if she's infectious, gather your friends to shout, 'Get well soon!' down the phone to her. That should help her smile through the snot!

## 3. *Be an ace listener.*

You can tell something is bothering your friend, but she keeps saying she's 'fine'. Maybe she doesn't want to talk in front of others, so how about arranging to have a little time to chat, just the two of you? You can suggest it face to face, or reach out with a text, or even a note. You might not have all the answers, but having someone to splurge her feelings to might be enough to cheer your friend up.





#### 4. *'If you liked that, you might like this...'*

Start a book group. And don't just invite your BFs... ask girls you don't know so well, who you know like reading. You might turn people on to books they wouldn't have ever tried before. And, for people who are a little shy, getting together to talk about books and stories and authors is a great way to be sociable. (Don't forget the biscuits – you ALWAYS need biscuits at a book group!)



#### 5. *Make homework not suck.*

It's easy to get stuck on homework, especially with creative subjects like writing or projects. But being in a group, bouncing ideas around, can really flick a switch on in your brain!

So suggest get-togethers to help each other out – but lay down the rules too:

- 1) be nice (no poo-pooing what people say),
- 2) be encouraging (you'd want the same) and
- c) no gossiping (you can save that for later, once the homework is done!).

#### 6. *Mad makeover time!*

If a friend is feeling a little flat or fed-up, get silly with an over-the-top makeover. Invite her round, blast some music on, and try out a ton of different hairstyles and make-up looks on her. Get her to pose in the mirror, or catwalk up and down the bedroom. It'll be even more fun if you get her to do the same to you!



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