

100 Tips for a better life

- 1 Let's all smile and spread happiness
- 2 Respect all cultures, nationalities and religions
- 3 Be hospitable
- 4 Nobility is within you, make it your principle
- 5 Tell your peers about the achievements of the late Sheikh Zayed, founding father of the UAE
- 6 Thank whoever did you a favor and show gratitude
- 7 Have breakfast, it maintains your energy and concentration throughout the day
- 8 If someone trusted you with a secret, keep it to yourself and don't disappoint them
- 9 Assist your grandparents with their needs
- 10 Exercise with your family. Staying active is healthy
- 11 Represent your country honorably
- 12 Mediate a conflict
- 13 Ask yourself: how could you make someone's life better
- 14 Make time to learn about the country's leaders and their contribution to its development
- 15 Let kindness be your superpower today
- 16 Donate your unused toys to UAE Red Crescent
- 17 Be the first to greet people
- 18 Remind yourself: only you are responsible of your actions
- 19 Eat moderately, stay healthy
- 20 Don't be conceited
- 21 Always say the truth
- 22 Check your purchases, if there is something you don't need, give it to someone in need
- 23 Be friends with good people
- 24 Be sincere
- 25 Commit to your engagements
- 26 Be righteous with your parents
- 27 Don't let your friends speak negatively about others
- 28 Care for your neighbors as yourself
- 29 Think of 10 things you can do to bring goodness around
- 30 Advise a smoker of the harms of smoking
- 31 If you see a lonely individual at a gathering, speak to them
- 32 Learn Emirati proverbs and teach them to your friends
- 33 Introduce yourself to different cultures and help others understand them
- 34 Assign a portion of your 'Eidiya' for people in need
- 35 Be nice to your siblings
- 36 The best people are ones with great ethics
- 37 Teach your peers the importance of empathy
- 38 Help stop bullying at your school and your community
- 39 Assist the elderly wherever you go
- 40 Make visiting your relatives a priority
- 41 Contribute in supporting the 'Productive Families' initiative
- 42 Visit hospitalized individuals to help them feel better
- 43 Don't hesitate to advise someone who talks negatively about others
- 44 Don't sit too long in front of the TV; do activities during commercials
- 45 Help others get over their fears
- 46 Offer workers water, especially during summer
- 47 Teach elderly how to use mobiles and technology
- 48 Help maids at home, do not overwhelm them
- 49 Do not spread rumors on social media or elsewhere
- 50 Ask your friends to donate to UAE Red Crescent instead of a gift for your next birthday
- 51 Be good to people and they'll have faith in you
- 52 Plant a tree at home, keep the environment safe
- 53 Give others something special every day, a gesture works!
- 54 Learn about the wisdom of the founding father the late Sheikh Zayed
- 55 Make time to learn about Children's Rights
- 56 Save from your pocket money to help others in need
- 57 Don't mention two; people doing you wrong and your good deeds
- 58 Learn from others' good deeds, like the firefighters who risk their lives to keep others safe
- 59 Don't make assumptions about others
- 60 Help people in crisis
- 61 Donate your used books to UAE Red Crescent
- 62 Praise ones who are good to others
- 63 Thanking Allah increases your blessings
- 64 Keep a bowl of water for birds and cats outside your house
- 65 Ask yourself and your friends: "How can we utilize our knowledge and skills?"
- 66 Always respect others' opinions and points of view
- 67 Be patient, good things come to those who are
- 68 Volunteer at the nearest home care facility. You will learn a lot
- 69 Volunteer at a humanitarian entity that benefits the community, like the Environment Agency
- 70 If you do not have money to give, think of other ways to help
- 71 Speak good or remain silent
- 72 Share an inspiring story with someone who could benefit from
- 73 Spread awareness of a campaign or cause that serves the community, such as using car seats and seat belts
- 74 Don't stare at your phone, look around and enjoy life
- 75 Learn something new about the Emirati culture
- 76 Dedicate time to improve your skills and hobbies
- 77 Buy a telephone card for a worker; they could use it to greet their families during Ramadan or Eid
- 78 Take your extra food from the restaurant and give it to someone in need
- 79 Encourage your classmates to support each other in class
- 80 Learn from those who contribute in changing people's lives
- 81 Collect clothes, food and money; donate them to those in need
- 82 Join people of determination in their activities
- 83 Read stories to children about inspirational figures
- 84 Don't be unjust
- 85 Spread positivity and happiness at school and at home
- 86 Keep your house clean
- 87 Spread positivity; ask people what makes them happy
- 88 Invite a lonely friend to attend an event with you
- 89 Always make your parents proud
- 90 Volunteer at one of the youth councils or programs, you'll greatly benefit from the experience
- 91 Show gratitude, make peace
- 92 Remember the importance of saving water and electricity
- 93 Go by your values and ethics: honesty, loyalty, good deeds and respect
- 94 If you face difficulties, do not hesitate to ask advice from someone older or more experienced
- 95 Always offer to help, even if you are not sure its needed
- 96 Read daily verses of the Quran and their interpretations
- 97 Learn first-aid to be prepared when someone needs help
- 98 If you witness an argument or a fight, do not hesitate to call someone to resolve it
- 99 Best gestures are to feed and quench thirst
- 100 Invite your friends to implement the principles and ideas mentioned on this list

Thanks to all children who provided us with tips to pursue a better life!

Environment
Local Culture
Health
Charity
Morals
Community