

Warm Fuzzy Facts

Serving Size at least 1 WARM FUZZY per day
Servings per Container VARIED

Warm Fuzzy Feelings (Burned Calories)

Reading to someone	10
Writing a note/card	10
Calling a Friend	10
Listening to a neighbor while standing	11
Driving to comfort the lonely	20
Ironing someone's clothes	21
Washing someone's dishes	21
Cooking a meal for someone	25
Walking 2mph to a neighbors home	26
Washing someone's car	42
Mopping someone's floor	42
Helping someone paint a room	47
Pulling someone's weeds	51
Shovel Snow from a driveway	57

*Burned calories are based on 10 minutes so if you serve longer you will burn more and the warm fuzzy feeling will last longer.

Totals from the Calorie Calculator on healthstatus.com

Digital download from VisitingTeaching.net

Quote by: President Thomas S. Monson, "What Have I Done for Someone Today?" 179th Semiannual General Conference, October 2009

"WARM FUZZIES"

I have wept in the night
For the shortness of sight
That to somebody's need made me blind;
But I never have yet
Felt a tinge of regret
For being a little too kind.

Anonymous

"We are surrounded by those in need of our attention, our encouragement, our support, our comfort, our kindness—be they family members, friends, acquaintances, or strangers. We are the Lord's hands here upon the earth, with the mandate to serve and to lift His children. He is dependent upon each of us."

Flap 1 add adhesive here.

© 2009 VisitingTeaching.net

Flap 2 add adhesive here.

Treat Tuesday #30 Warm Fuzzies