



# LifeSmarts

*Learn it. Live it.*



## TeachSmarts

*The best resources and tips  
for LifeSmarts success*

Nov. 3, 2020

### Benefits of being thankful

November is the month that reminds us to be thankful—no matter what. Turns out being thankful can have many positive health effects. Studies show practicing gratitude can lead to more connected relationships, less depression, more motivation and engagement, and better overall mental well-being. Here at LifeSmarts, we are thankful for all our students and coaches who participate in our program and make a difference in their schools, clubs, and communities. Thank you! Here are this week's reminders:

### Be Safe Buy Real

Underwriters Laboratories has created a coalition, including LifeSmarts, to take part in their World Anti-Counterfeiting Week campaign, Be Safe Buy Real.™ This global campaign is designed to raise awareness among consumers, educators, governments, and law enforcement agencies about the negative health, safety, and economic consequences of counterfeit products. Your students will find this topic featured in the November TeamSmarts competition, which focuses on consumer rights and responsibilities.

Did you know that the top ten most counterfeited products are: shoes / footwear; clothing and textiles; leather goods; electric machinery and equipment; watches; medical optical and photographic instruments; perfumes and cosmetics, toys; jewelry; and medicines and pharmaceutical products?

Join LifeSmarts and UL to learn more about counterfeit products during World Anti-Counterfeiting Week, November 16-20, 2020, and advocate for a safe, fair, fake-free world. Please share with your students and fellow LifeSmarts coaches!

## FBLA LifeSmarts Competitive Event

The FBLA Fall Challenge is open through November 13. Interested FBLA teams have plenty of time to register and compete! Twelve teams from the challenge will qualify to compete at the FBLA-NLC next summer in Anaheim.

## Last chance to apply

The [Toyota Making Life Easier Scholarship](#) deadline is November 6. Our friends at Toyota Financial Services are once again providing \$1 million in scholarships to college-bound students! Applicants must be participants in affiliated programs, and LifeSmarts graduating seniors and alumni are eligible to apply. This is a renewable scholarship, and LifeSmarts has successful applicants every year.

Until next week,

– The LifeSmarts Team

*LifeSmarts: Learn it, Live it!*



[LifeSmarts.org](https://www.livesmarts.org)