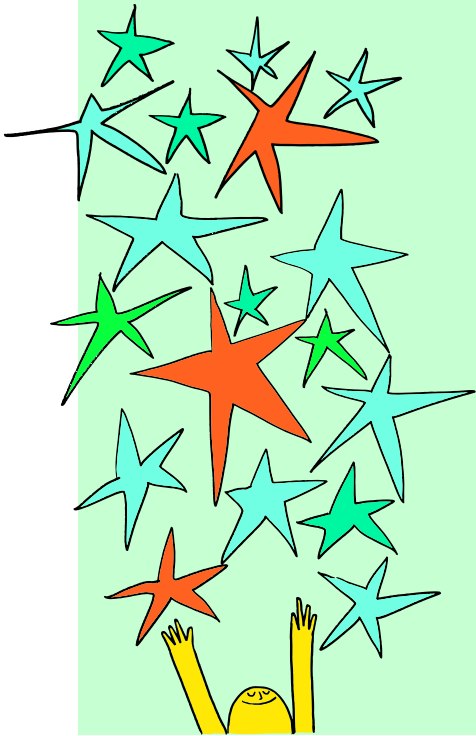

Keep Watch for Wonders No Matter What or Where!



ALASTAIR MCALPINE IS A PEDIATRIC PALLIATIVE CARE PHYSICIAN. "I SPEND MY DAYS WORKING WITH CHILDREN WHO HAVE LIFE-THREATENING OR LIFE-LIMITING ILLNESSES AND THEIR FAMILIES," HE EXPLAINED IN A GUARDIAN ESSAY HE WROTE IN RESPONSE TO A TWITTER THREAD THAT WENT VIRAL.

THE DOCTOR ASKED SOME OF HIS TERMINALLY ILL PATIENTS WHAT THEY HAD ENJOYED IN LIFE. HE SHARES THE BIG LESSONS HE HAS LEARNED FROM LITTLE CHILDREN.

WHEN TALKING ABOUT JOY AND MEANING, THE KIDS TOLD HIM ABOUT TIME SPENT WITH FAMILY AND PETS, LAUGHTER AND KINDNESS. "NONE SAID THEY WISHED THEY'D WATCHED MORE TV. NONE SAID THEY SHOULD'VE SPENT MORE TIME ON FACEBOOK." SAND CASTLES, SWIMMING AND ICE CREAM ALSO MADE THE LIST.

What are the simple pleasures in life that you enjoy most?

What is one small thing you would like to do to bring some joy to someone else?
