

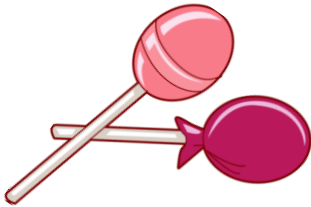
Help someone that is sick
feel better.



Patch up a fight.



Make someone laugh.
Laughter is the best
medicine.



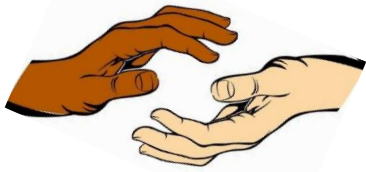
Be sweet to someone
who might have been
mean to you.



Help a friend cool down
when they are upset.



Spend time with
someone who is lonely.



Offer a helping hand
when others need it.



Really listen to people
when they speak.



Watch your tongue.
How you speak about
people matters.