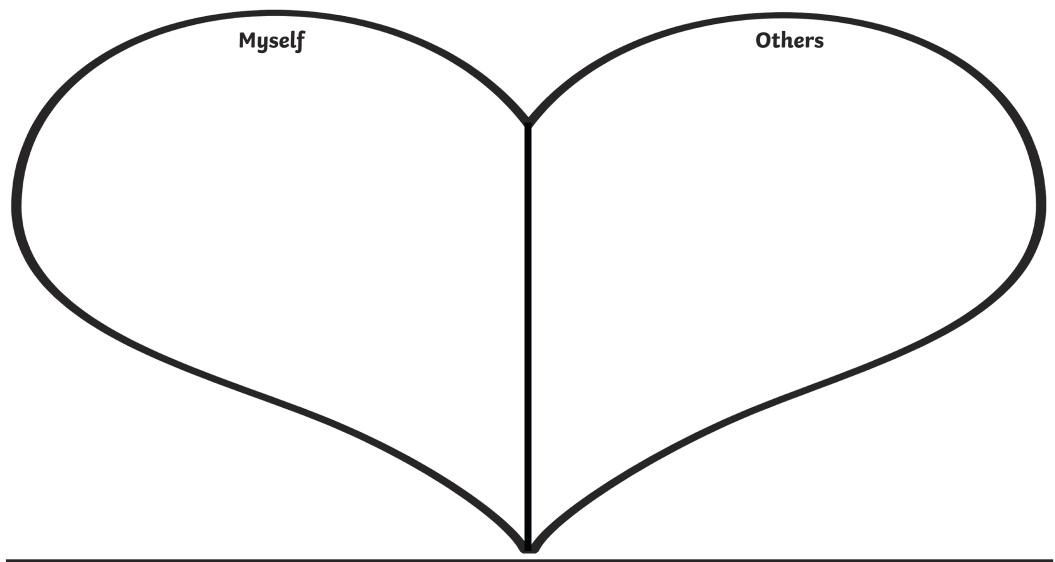






## Helping Heart

Write at least two sentences describing things you could do to help yourself think and feel positively. Write at least two sentences describing things you could do to help others think and feel positively. Illustrate your ideas.







## Helping Heart

Write at least three sentences describing things you could do to help yourself think and feel positively. Write at least three sentences describing things you could do to help others think and feel positively. Illustrate your ideas.

