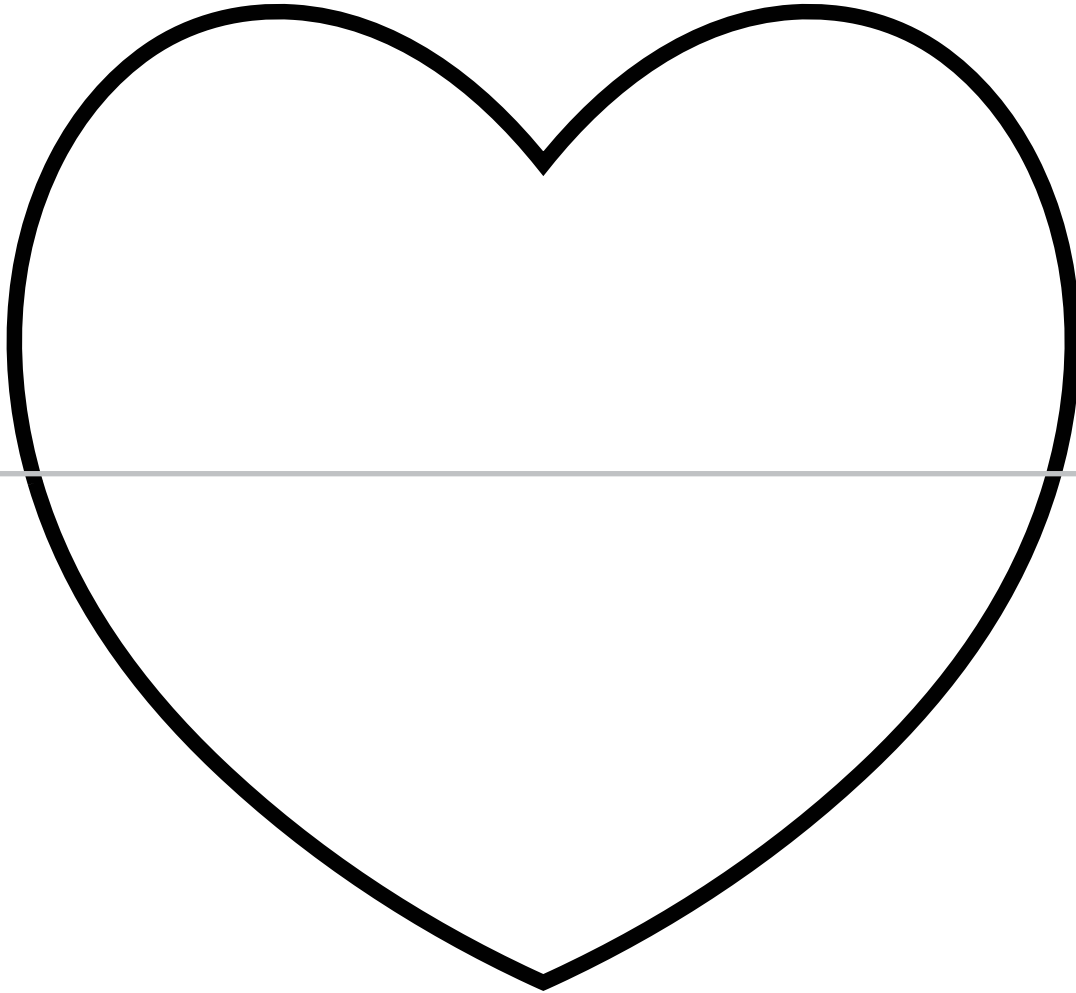


THINKING ABOUT FEELINGS

Everything you say & do can leave a lasting mark on someone's heart. Being bullied causes people to feel alone. Here is one way to show that someone cares. Write positive behaviors that make others feel good on the top half of the heart. The lower half of the heart is where you write negative behaviors that may be hurtful. This can include bullying behaviors, unkind comments, actions or things that might make bullying worse.



Remember that there are positive & negative behaviors that could have a positive or negative effect on friends, family and others.

