

LIVE YOUR WHY

Afterschool Edition



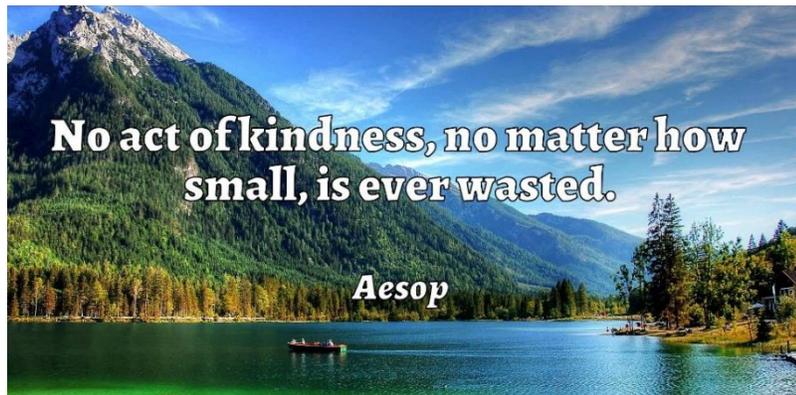
Do at least one act of kindness today.

Here is a list for ideas:

Scan this:



www.randomactsofkindness.org/the-kindness-blog/2943-50-kindness-ideas-for-random-acts-of-kindness-day



How do you feel when someone does a kind act for you?

Why do you think acts of kindness are important?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy