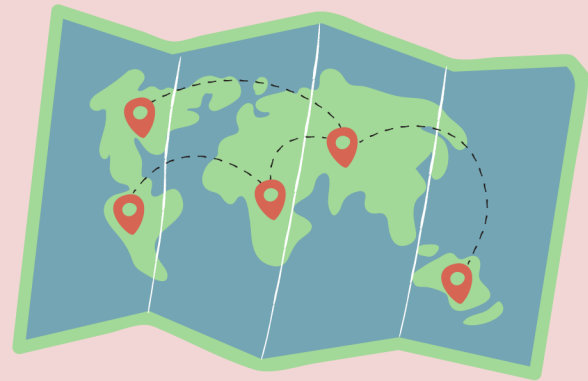
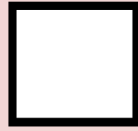


7-DAY KINDNESS CHALLENGE



1. VISIT A NEW PLACE
AND TAKE A
PHOTOGRAPH



2. WATCH
THE SUNRISE



3. START A
JOURNAL



4. BAKE A CAKE
FOR A FRIEND

5. TAKE A
WALK WITH
SOMEONE



7. WRITE A LETTER TO
MAKE SOMEONE HAPPY



6. ASK A NEW FRIEND IF
THEY WOULD LIKE TO PLAY

