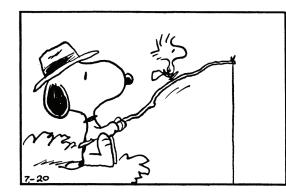


## HELP A FRIEND, HELP YOURSELF



Acts of kindness are the best when they are passed on! When kindness is passed on, it creates a chain reaction that makes the world a better place and brings happiness back to you as well!

This activity reminds you to share your happiness "catch" with others and in doing so, help yourself!

Don't forget to share your activities on social media! #TakeCareWith Snoopy 🞯 @snoopygrams | 🚯 🎔 占 @Snoopy

## **GET STARTED!**

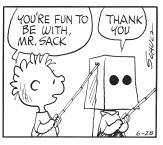
- 1. Random acts of kindness help the people you love, yourself, strangers, and the world around you feel happy! When you give out kindness, it always comes back to you in one way or another. This activity helps you to create your "catch" of kind gestures that you can share with others just like Snoopy!
- 2. Print out multiples of the following page (depending on how many fish you want in your catch), fill in each fish with a random of act of kindness. These can be any small gestures you can enact on a regular day.
- 3. Cut out each fish and put them in an envelope or paperclip them together. Whenever you feel like spreading joy, take out one of your fish and give it to someone who needs it. With each fish, watch the kindness spread!

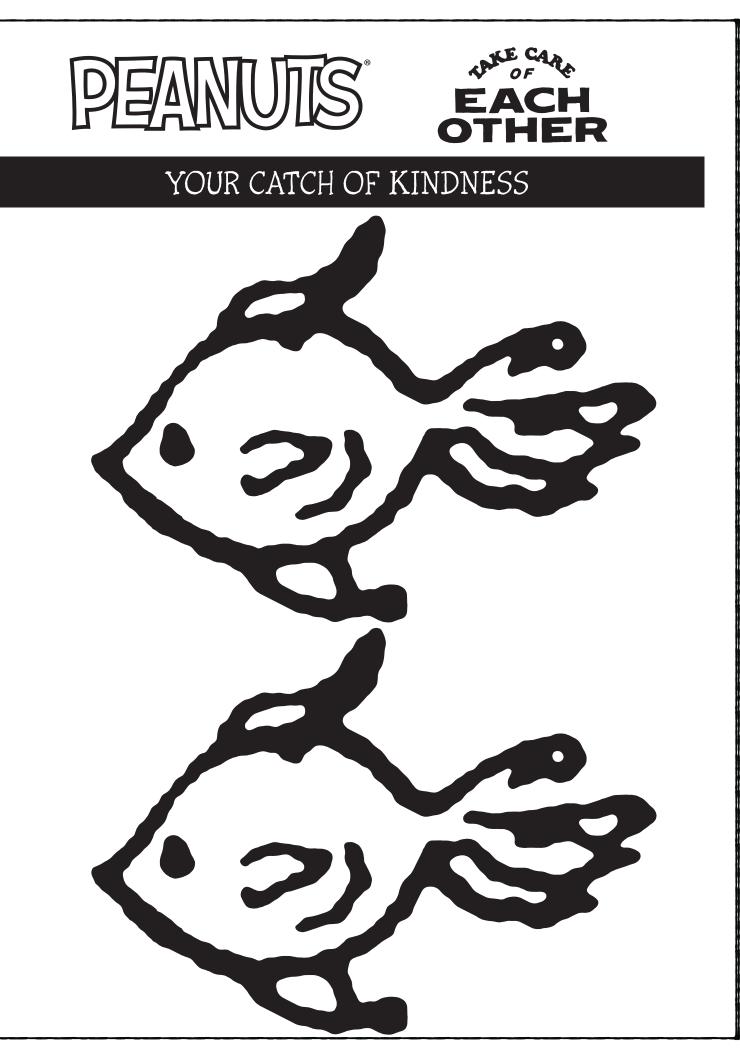












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