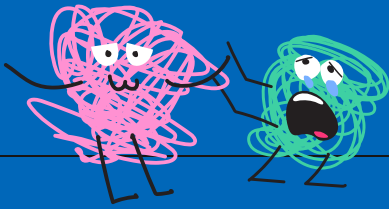


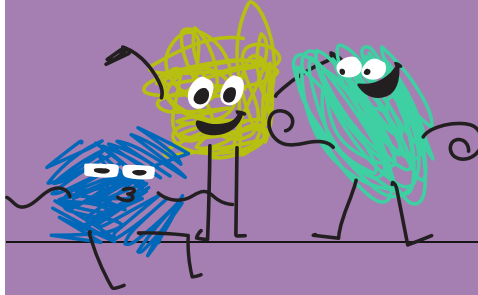
It's National Bullying Prevention Month!
Try to "X" off each kindness action card before the end of October.



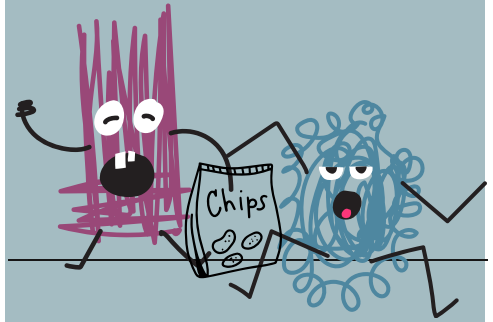
Notice someone who feels down or who has been quiet and check on how they are doing.



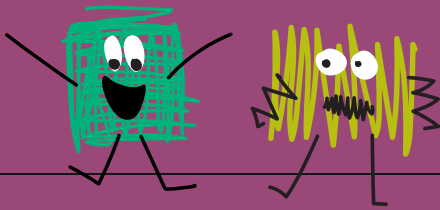
Start a group that anyone can join and invite someone who might feel left out sometimes.



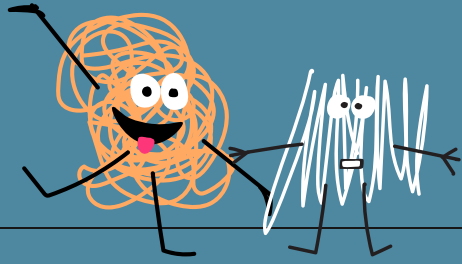
Bring sharable snacks and invite everyone to enjoy some.



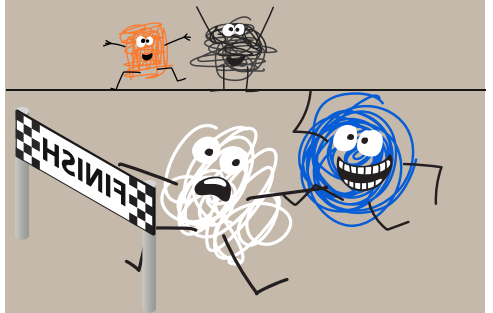
Ask someone you don't usually talk to about their hobbies or special interests.



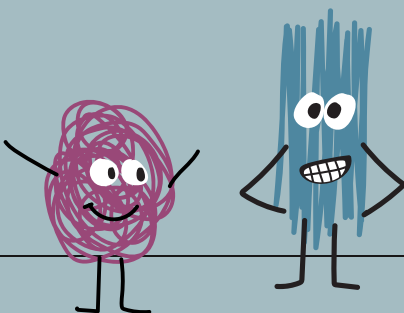
Invite someone new to play a game with you and your friends.



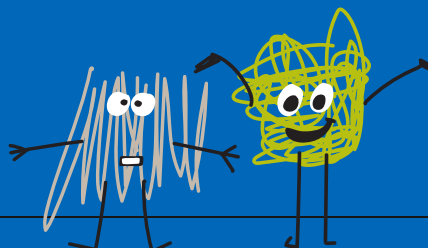
Teach someone a skill that you are really good at.



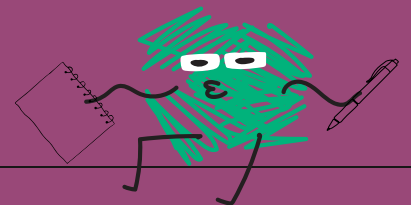
Give someone a sincere compliment (not about hair or clothes).



Introduce yourself to someone new.



Write a kind note to someone who helped you once.



FOR INFORMATION ON ACTIVITIES AND GROUPS VISIT
menlopark.gov/LCS