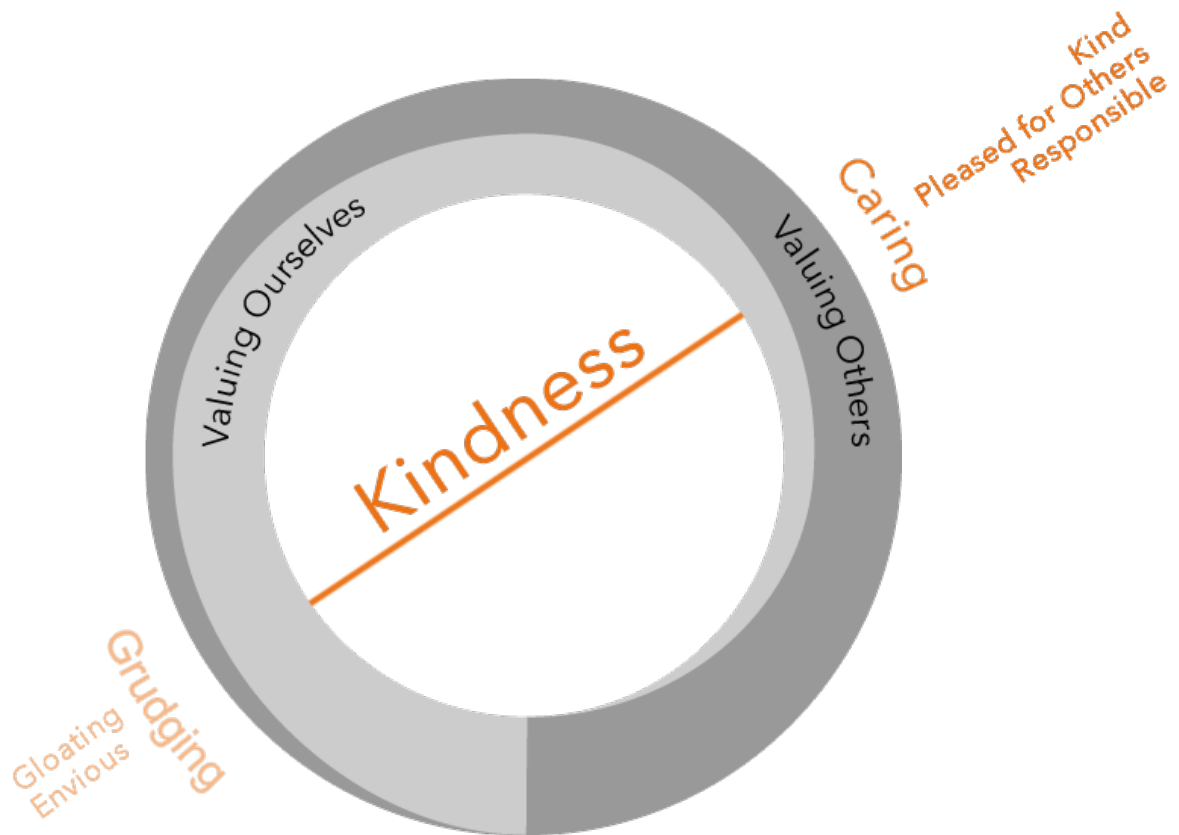


Caring Zone

feeling kind, pleased for others or responsible

I feel good about myself and I feel good about others. I don't feel more important than anyone else, or less important. I pay as much attention to what others want as to what I want. I make sure I help others and share what I can. I like to join others in celebrating when they do well. I pay attention to how I affect other people.



Kindness

The feeling of goodwill towards others and lending them our strength. It's doing things for others and giving to them without wanting anything back.