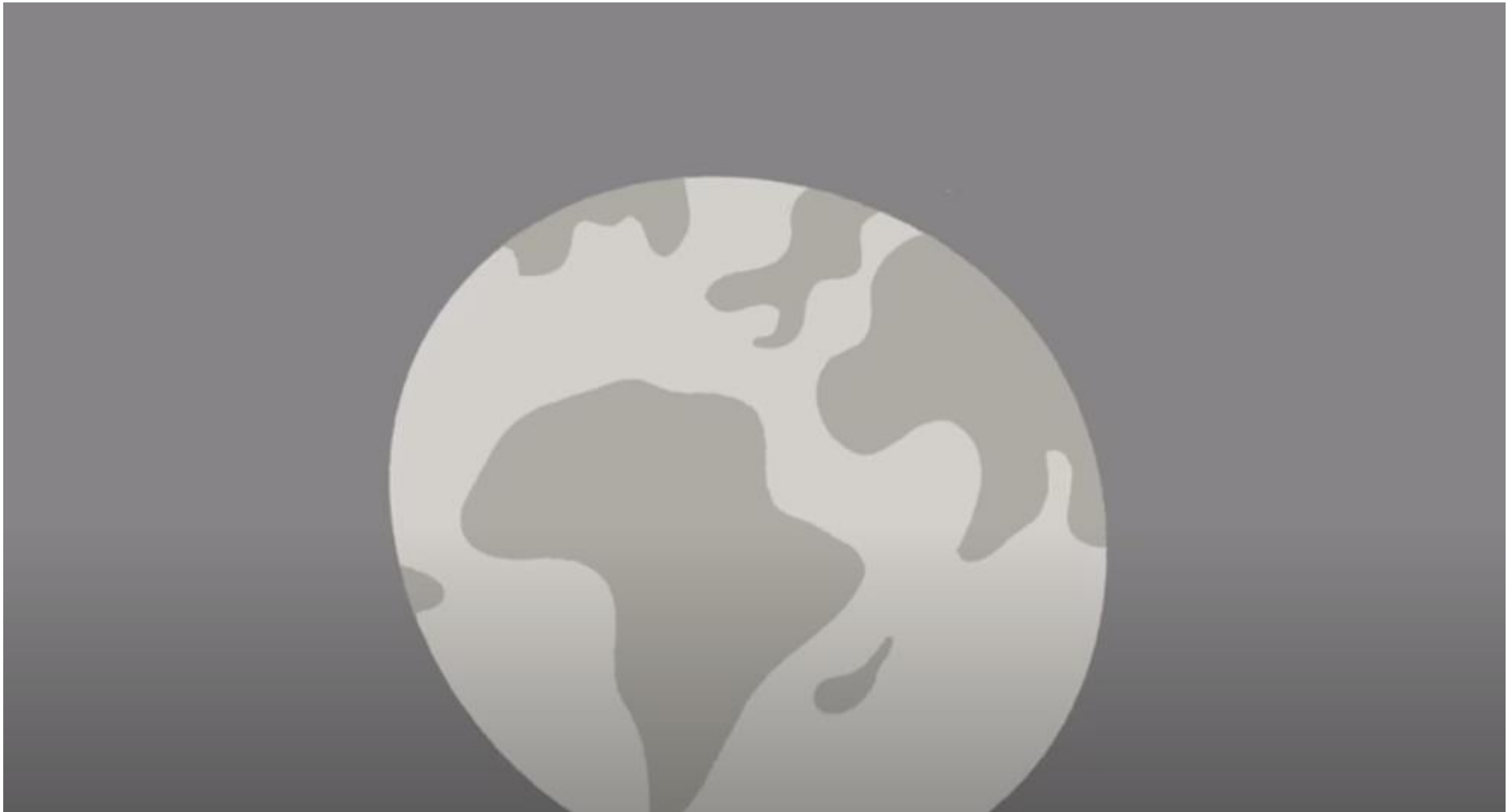


Colour Your World with Kindness



As you do little acts of kindness, notice how you make people feel happier. Notice how good you feel for a moment. Colour over the grey and make a happy world. Write down your acts so that you remember them.