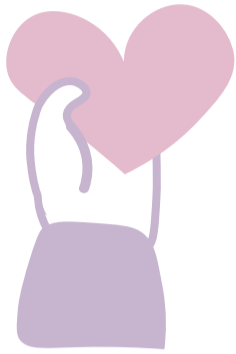




- Say something nice to someone you see everyday



- Be proactive in helping out in the classroom/at home



- Hug someone you love



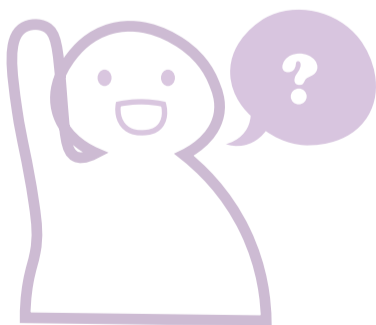
Build and maintain positive relationships

Work out problems with your companions. When necessary, seek help or provide assistance, and share and bear the burden of life/learning together.

Is there anything at home that needs your help?

Are there difficulties you need help for?

From whom do you seek help when you encounter problems in learning or social relationships?



- Seek help when necessary



- Prepare a little gift for someone you love, e.g. a card, a present



- Learn to give and accept opinions, e.g. constructive advice