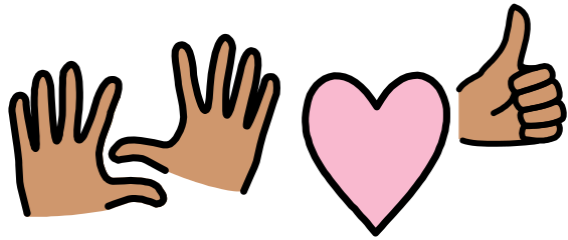


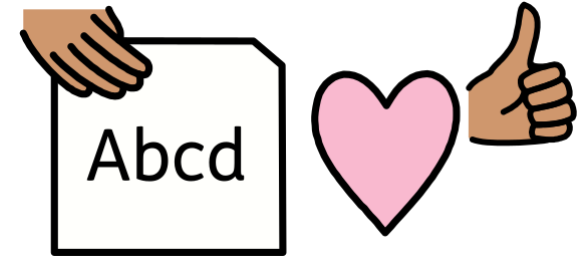
## Golden rules for



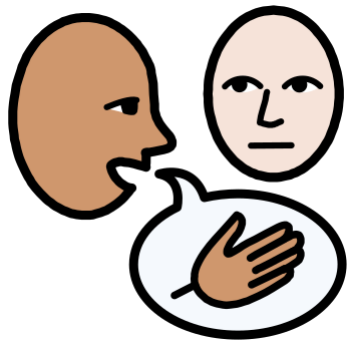
kind hands



kind feet



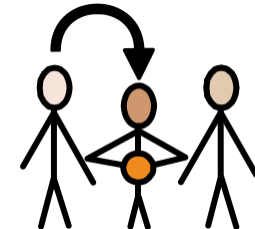
kind words



ask for help



listen  
carefully



share and  
take turns