



SAPULPA PUBLIC SCHOOLS

MENTAL HEALTH NEWSLETTER

for kids



Pssst. Did you know kindness is FREE?

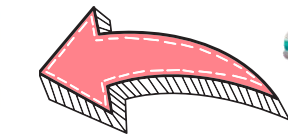
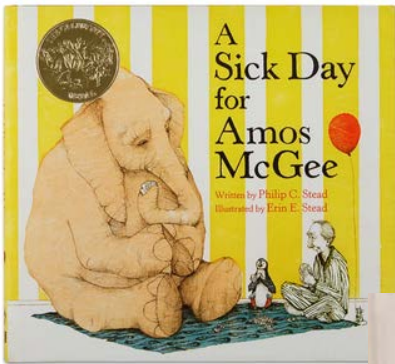
KINDNESS

The quality of being friendly, generous, and considerate.

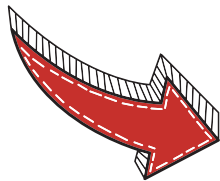


How can I be kind to others?

GOOD BOOKS ABOUT KINDNESS



[Click here to watch the book online!](#)

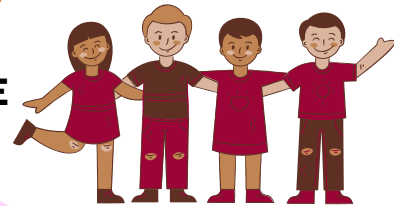


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SMILE AND SAY HELLO

INCLUDE OTHERS



USE KIND WORDS

OFFER TO HELP



THANK YOU please you're welcome

USE GOOD MANNERS