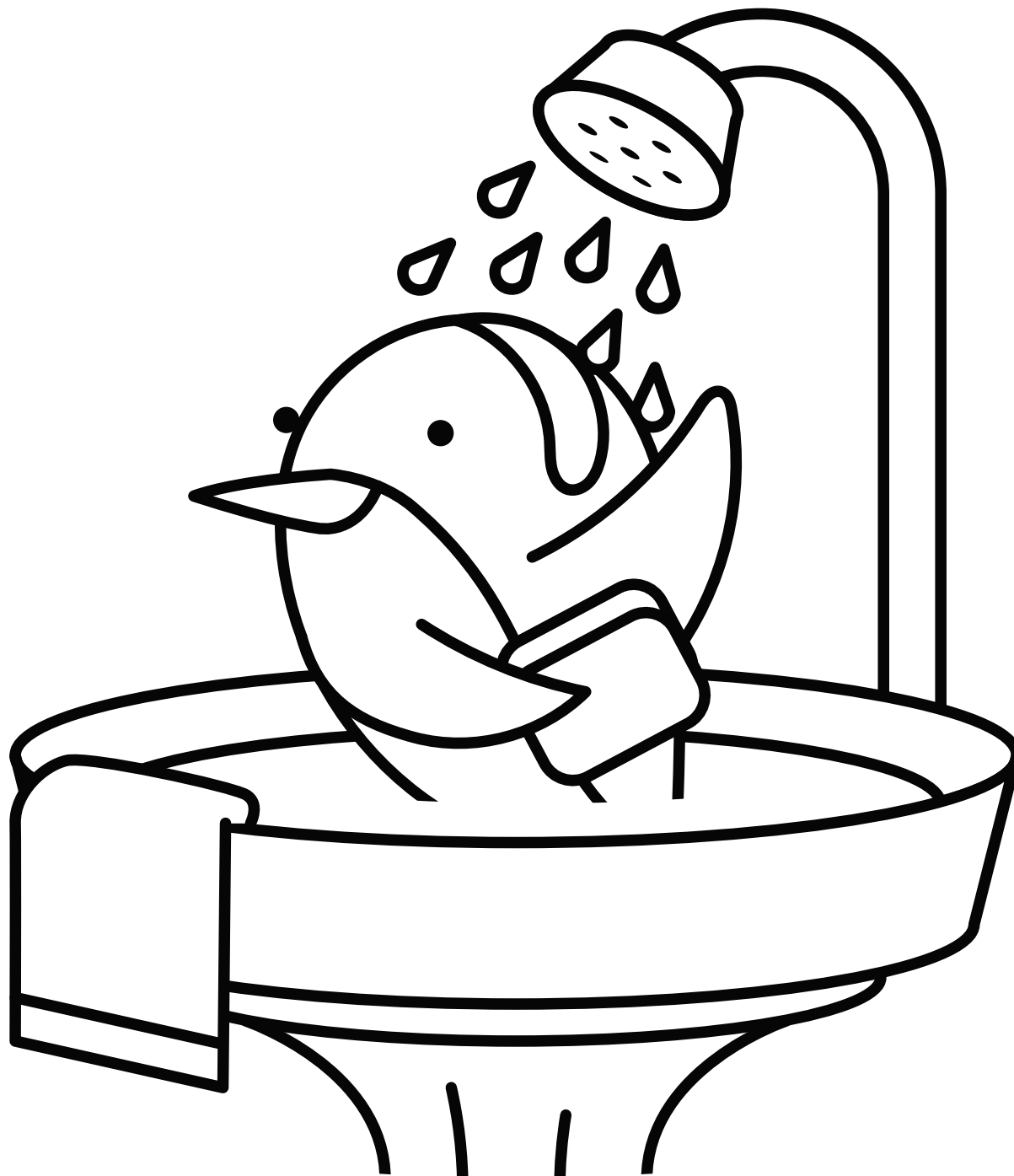
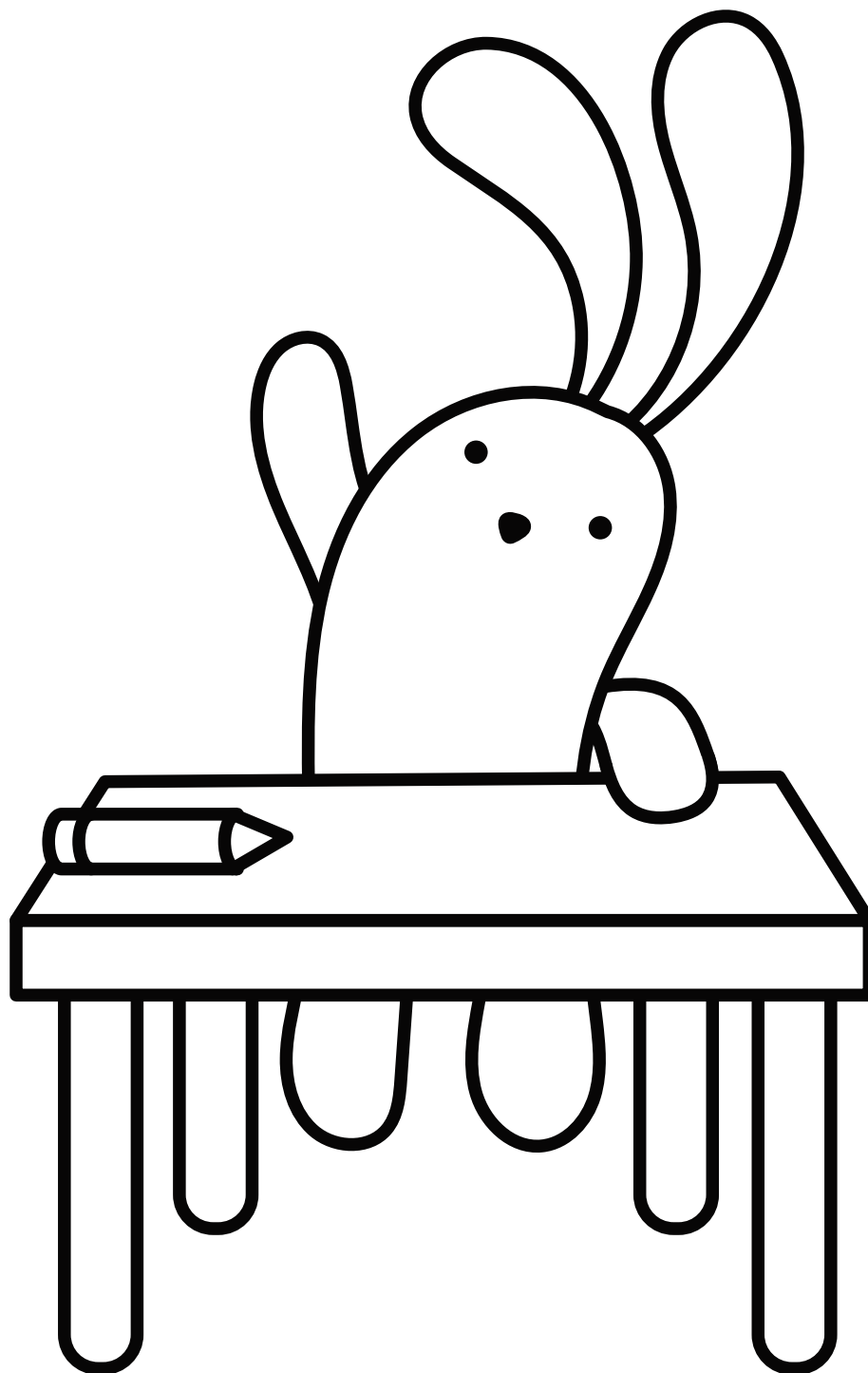


**Self-care: Learning how to take care of yourself.  
Using kind words, actions and thoughts with yourself.**

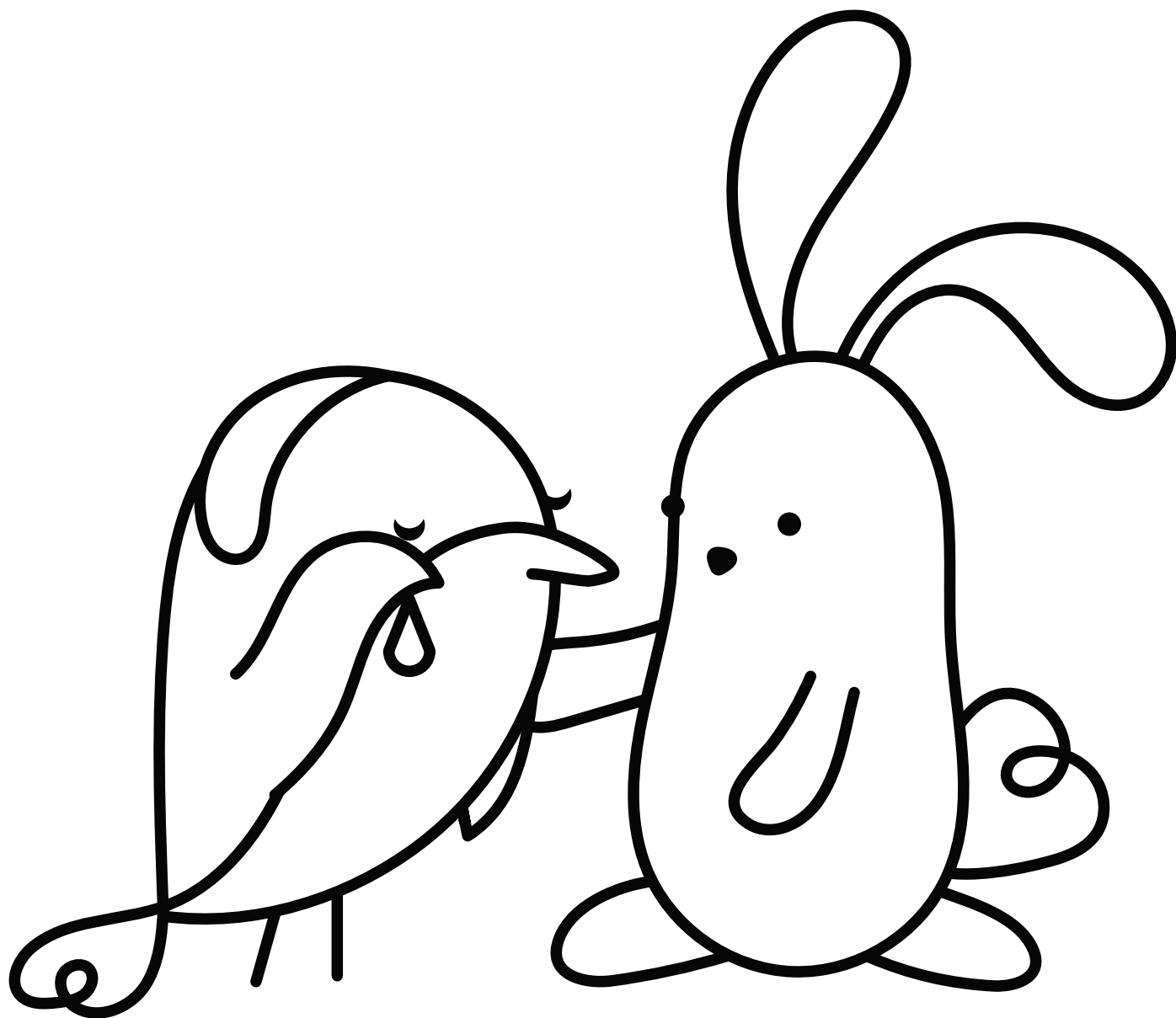


**Respect: Treating others as you  
would like to be treated.**

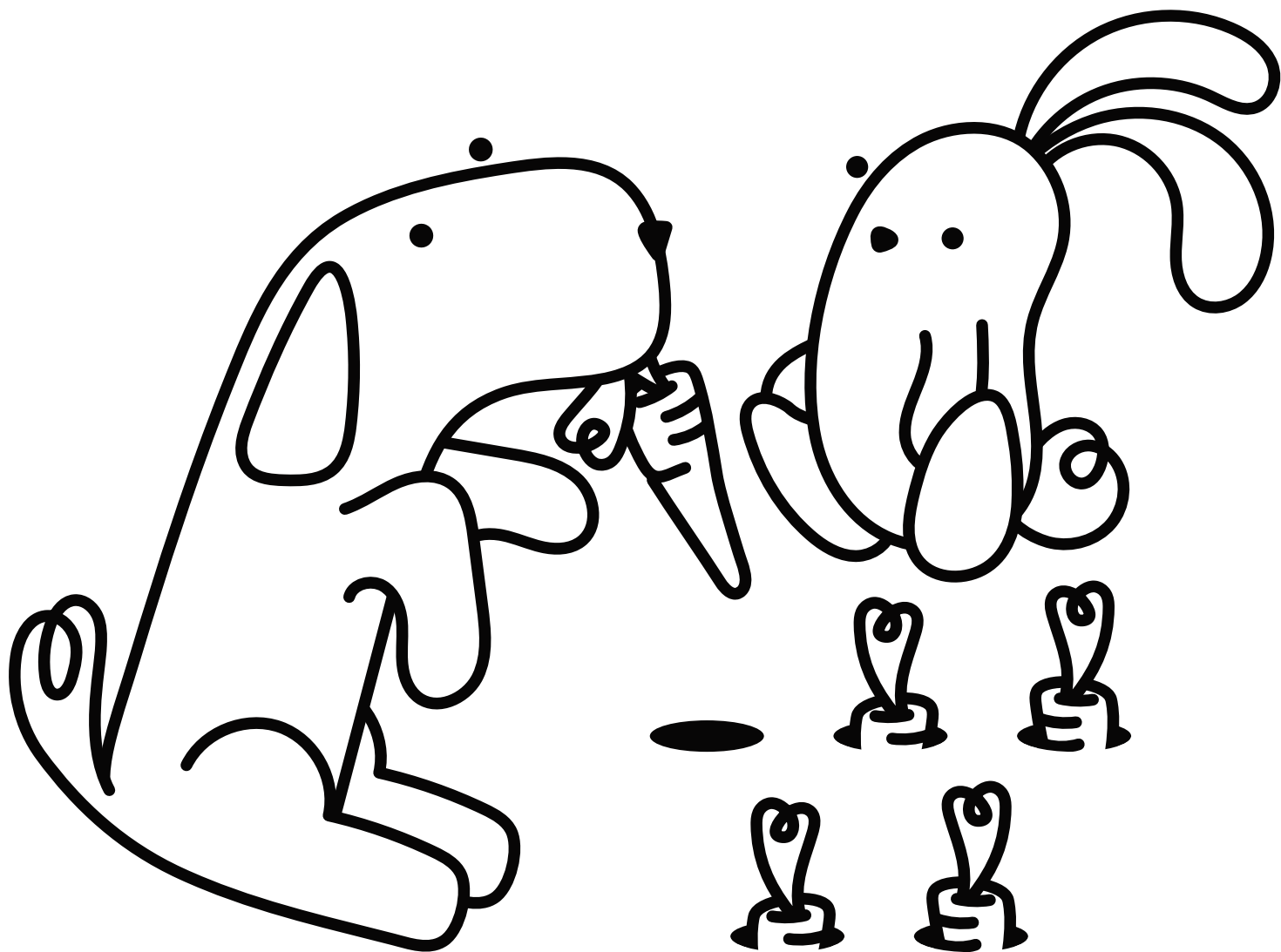


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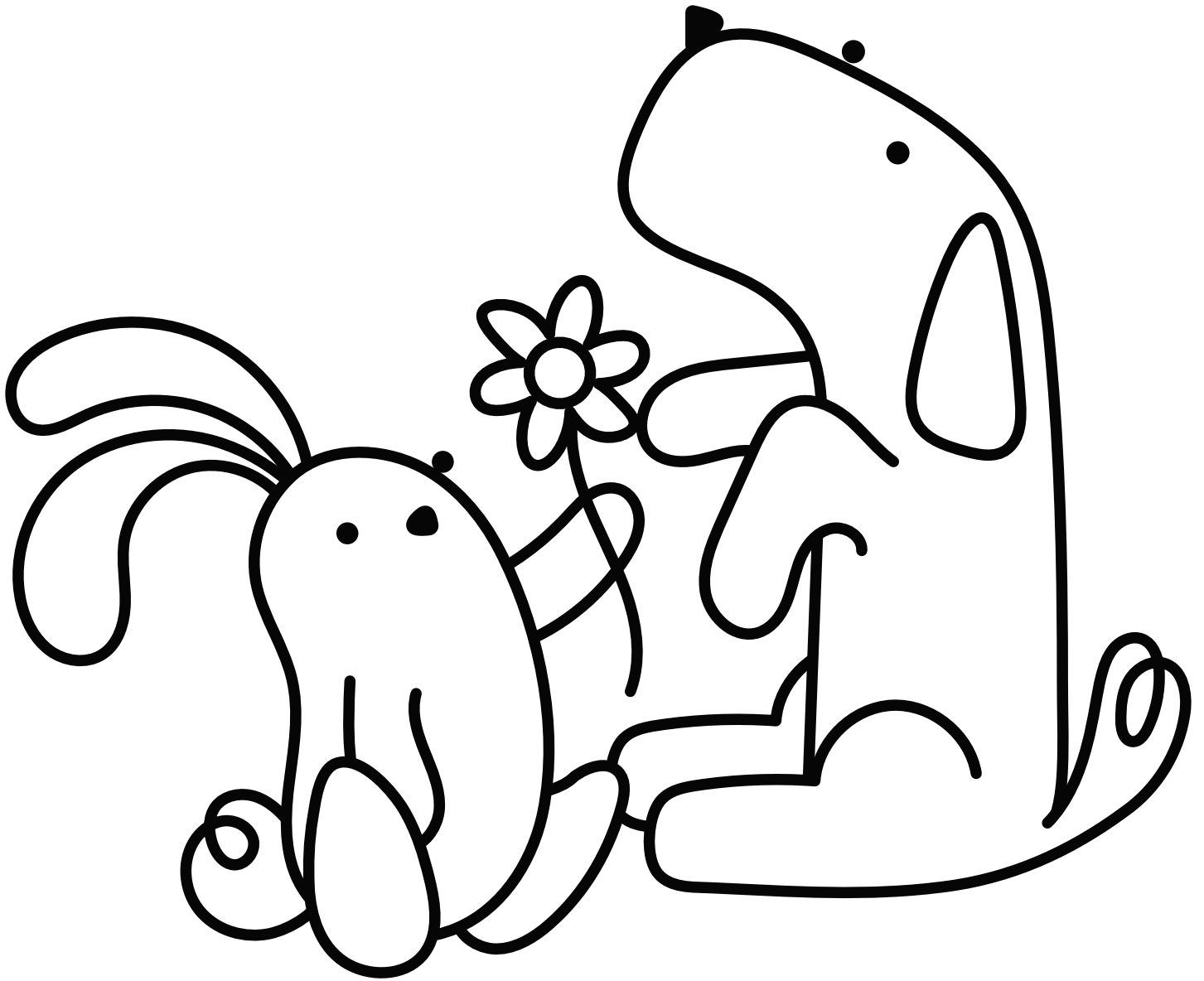
**Caring: Feeling and showing  
concern for others.**



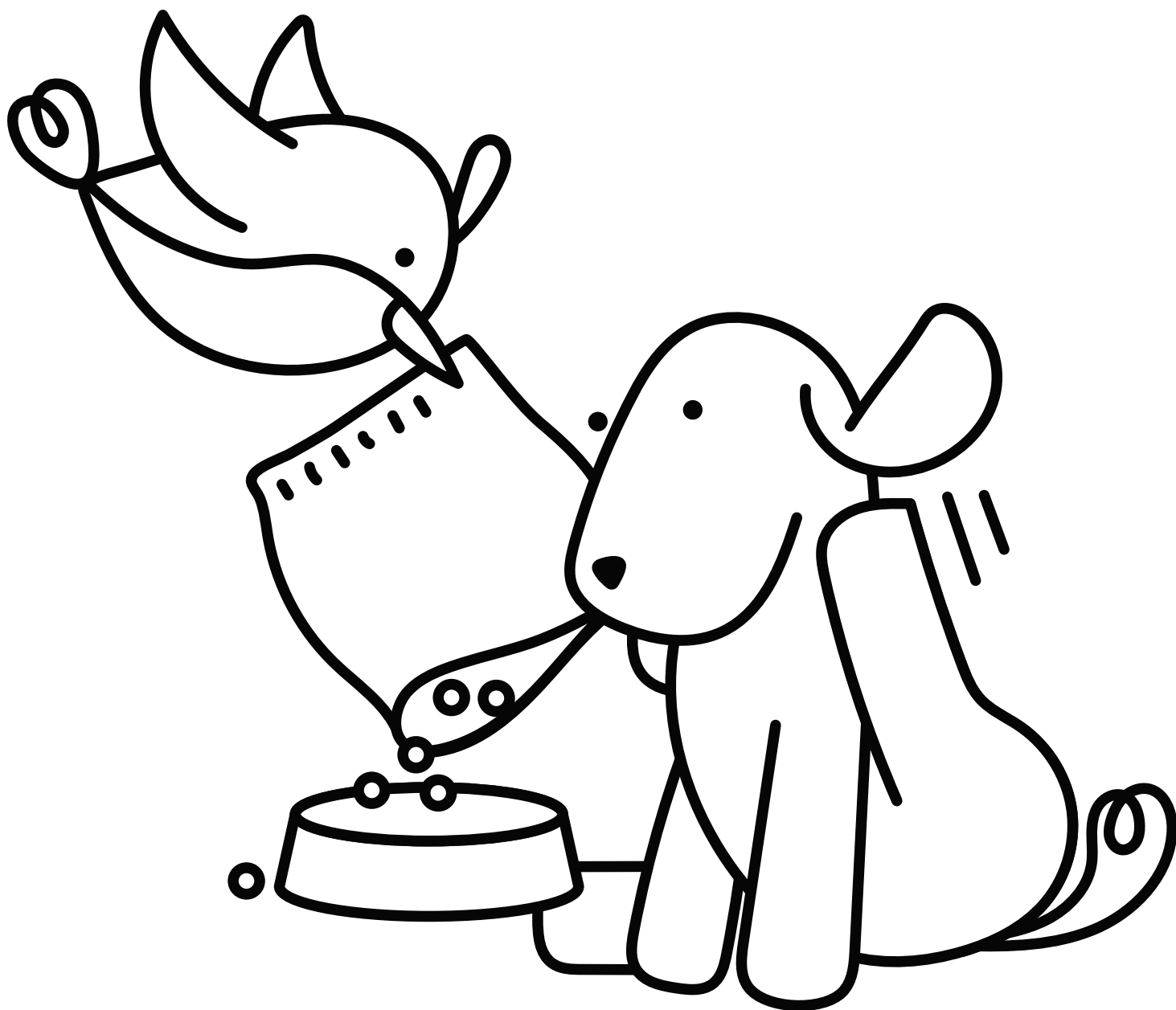
Helpfulness: Giving help to others.



**Compassion: Caring about someone else's feelings,  
and wanting to help that person.**



Responsibility: Doing what you need to do.



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