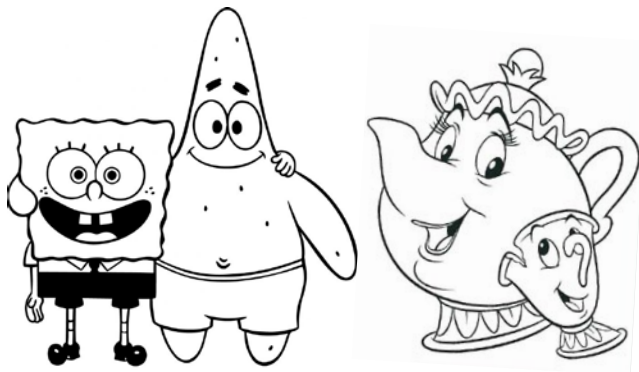


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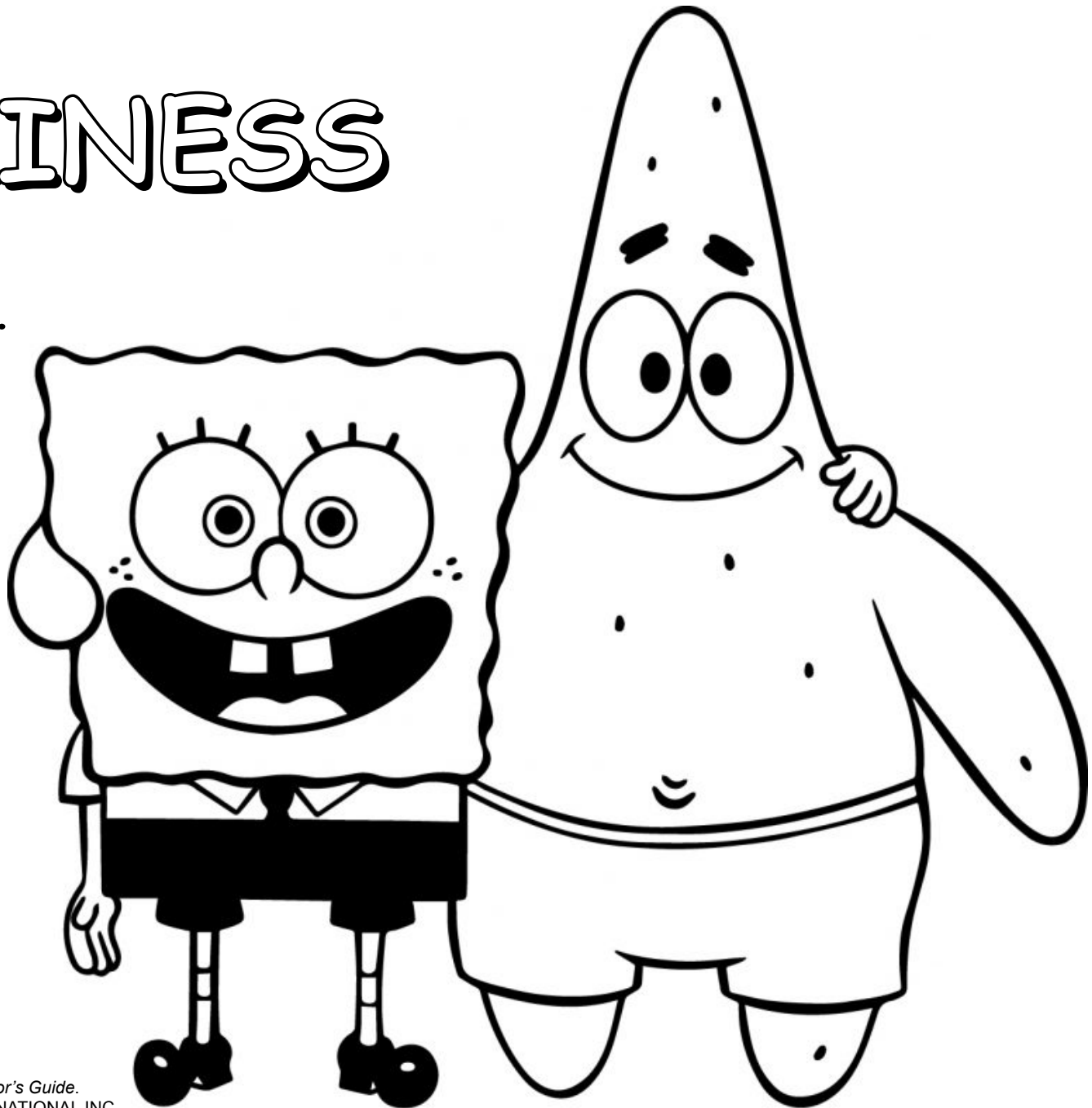
FRIENDLINESS

Friendliness is taking an interest in other people.

Friendliness is going out of your way to make others feel welcome or to make a stranger feel at home. You can be friendly just by walking down the street, or the hall at school, looking into people's faces, and smiling at them. They will probably smile back!

If you are shy it can be hard to show friendliness. That's okay! Simply thinking friendly thoughts makes the world a better place!

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— The "V"TOONS Team



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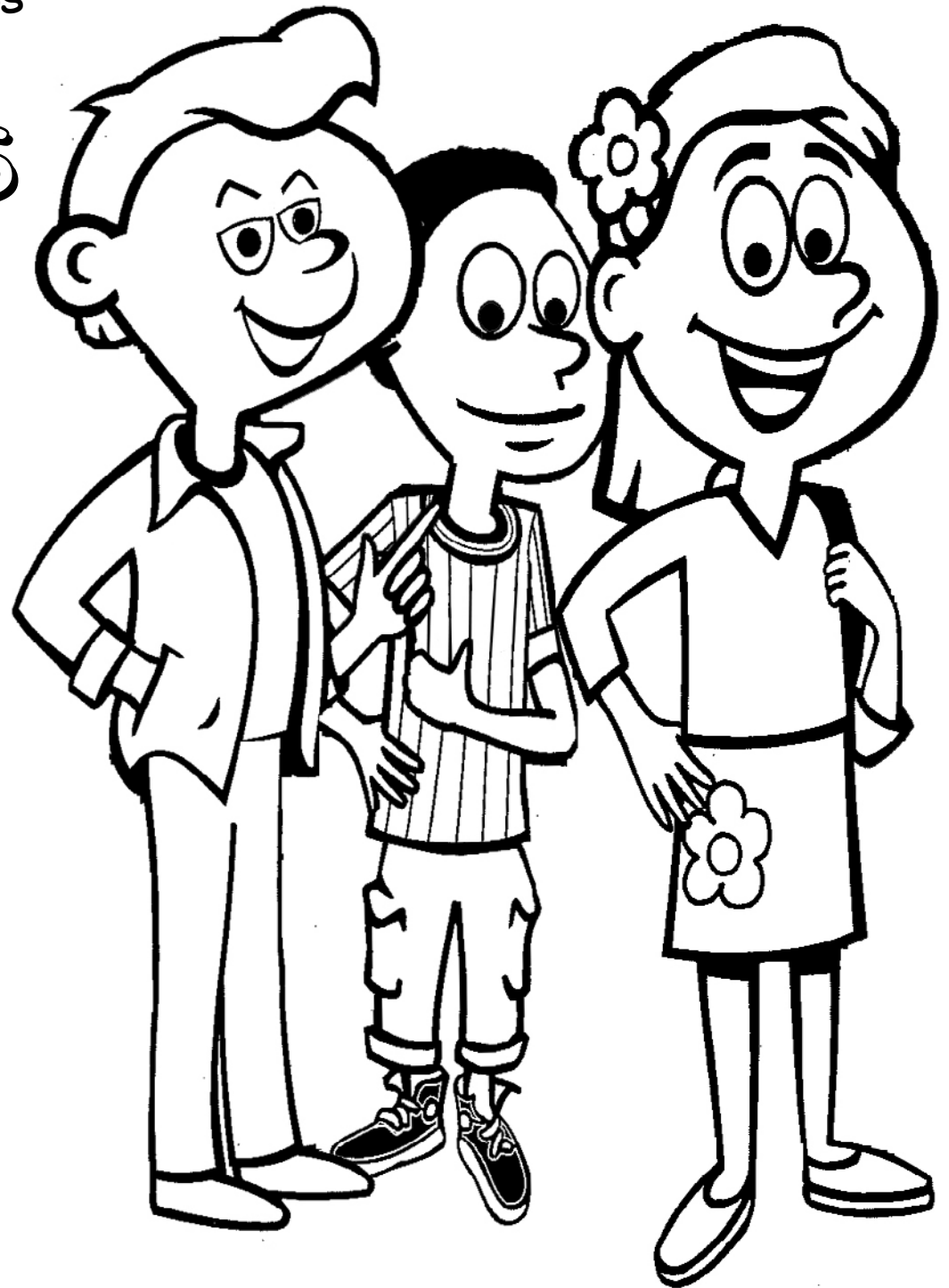
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You are practicing
FRIENDLINESS
when you...

- Like yourself and realize you have a lot to offer
- Smile and greet someone you don't know
- Get to know someone and let them get to know you
- Show an interest in others
- Show caring when a friend needs you
- Are friendly to people who look and act different

Affirmation:

I am friendly. I smile and greet people. I show an interest in others. I like myself and know that my friendship is worth a lot.

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What does **Friendliness** look like to you?
Draw and color a picture here ↓



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