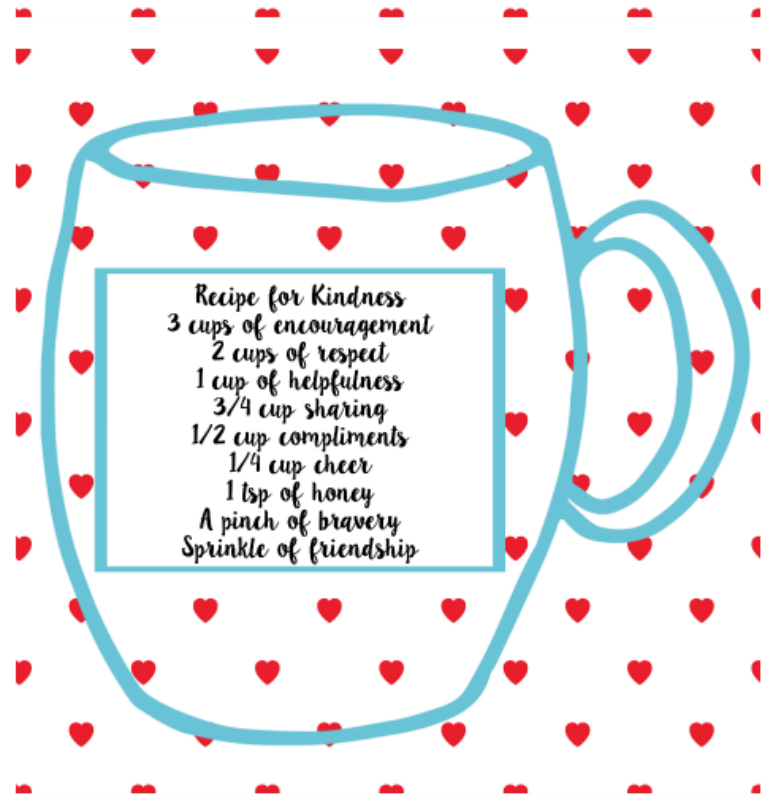


Recipe for Kindness  
3 cups of encouragement  
2 cups of respect  
1 cup of helpfulness  
3/4 cup sharing  
1/2 cup compliments  
1/4 cup cheer  
1 tsp of honey  
A pinch of bravery  
Sprinkle of friendship



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