

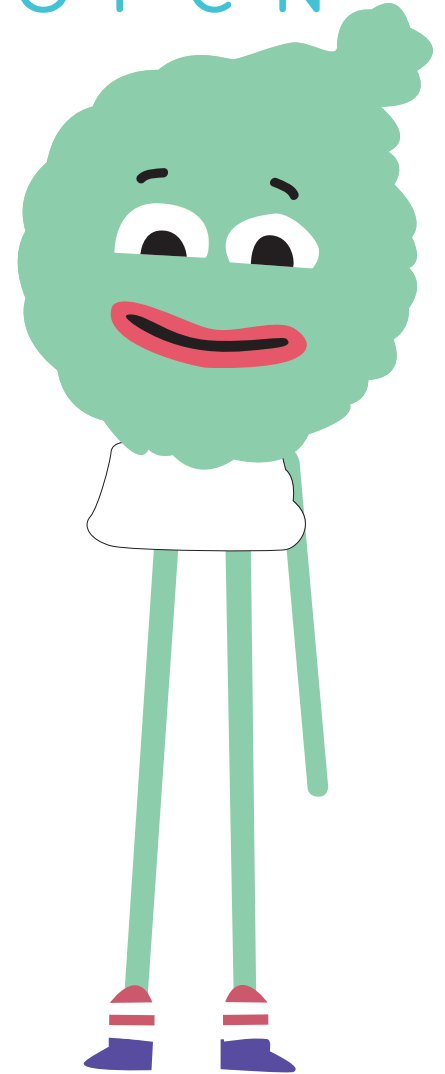
Unscramble the letters  
to give you the two-word  
answer!!!

\_\_\_\_\_ is just as important  
to humans as water, food, and exercise.

E T M A N O U N H N C O I C N

What action releases the  
hormone oxytocin, known  
as the cuddle hormone?

Complete the drawing  
(if you don't have a printer try to draw the  
whole character)



During the program you pictured  
what some people in your life is  
going through right now...



Why is it important to put yourself in someone else's shoes sometimes?

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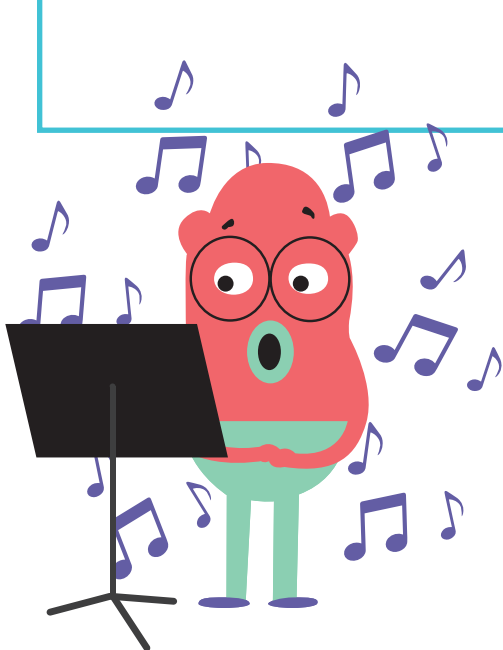
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This is also what we call **EMPATHY**.

Describe how, even though some things you were looking forward to this year were cancelled, the effort you put towards will help you in the future...



Because  
remember,

**EFFORT IS NEVER**

\_\_\_\_\_

T D E W S A

(Unscramble the letters to  
find the answer!)

