

BE A BUDDY!



Go to someone around you and help her or him. Ask if and how you can help. How do you feel?

I was a buddy of ...

A large, empty rounded rectangle with a thick black border, intended for writing the name of the person the user was a buddy of.

I helped the following way ...

A large, empty rounded rectangle with a thick black border, intended for writing a description of how the user helped.

I felt ...

A large, empty rounded rectangle with a thick black border, intended for writing how the user felt.