



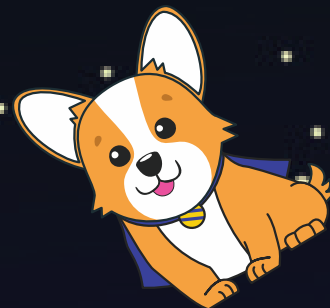
GENERAL BADGE

Despite exploring so many great Heart Badges, maybe your interests still lie somewhere else? Or maybe you're just interested in Igniting Good! however you can? No problem! That's exactly what the General Badge is for! So, if you have something you are interested in that doesn't fit in, this is the Badge for you.



Fun Facts about Kindness!

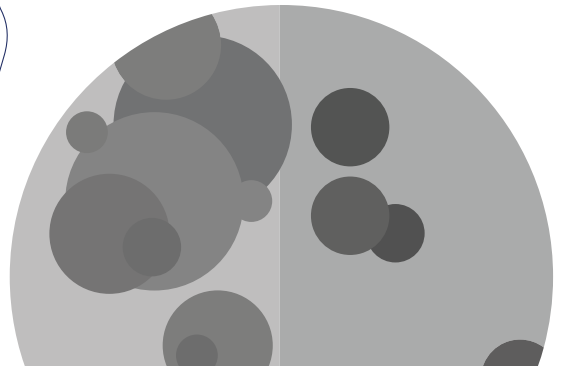
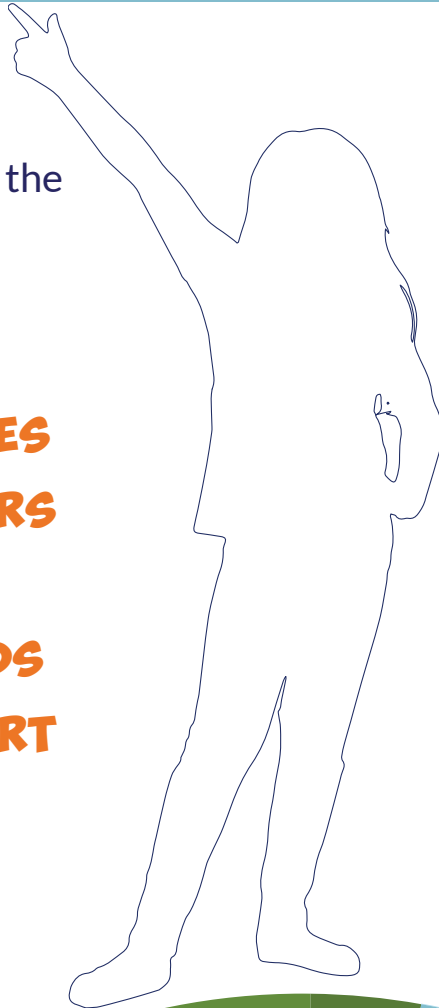
- Meditating daily can improve your ability to focus and solve problems.
- When you act compassionately, your body releases a hormone called oxytocin, which spurs you to be more compassionate!
- A study found that eating dinner as a family can help reduce stress.



A Guide to Kindness

Draw and say each of the steps:

- 1. A COOL HEAD**
- 2. WATCHFUL EYES**
- 3. LISTENING EARS**
- 4. A BIG SMILE**
- 5. HELPING HANDS**
- 6. A LOVING HEART**



If you want others to be happy, practice compassion. If you want to be happy, practice compassion. —Dalai Lama