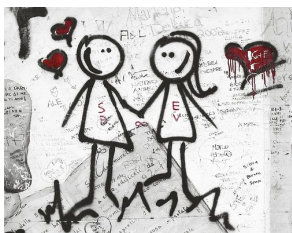


How to Be Kind

1. Understand what kindness is and is not
2. Be kind to yourself.
3. Be present.
4. Be happy, joyful, and grateful.
5. Reflect on the kindness of other people.
6. Cultivate kindness for the good of your own health.
7. Practice the kindness effect.
8. Expand your circle of kindness.
9. "Be kind, for everyone you meet is fighting a hard battle"
10. "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."
11. Be polite.
12. Show kindness through loving animals and the living world.
13. Transform your life.



Liceul Teoretic Periam Clasa a VIII-a A



**Make friends who share your interests
or faith!**

Colectivul de redacție:

- Marinela Lipitor
- Dayana Taubner
- Daniela Dobricean
- Denisa Belinar
- Benjamin Creangă
- Prof. coord. Viorica Ușvat

Liceul Teoretic Periam

Str. Magnoliei, nr.2

Telefon/fax/(0040)0256-375024

Periam, 307315

Timis-Romania

Clasa a VIII-a A



Hello friend !!!

**Make yourself time for friends, with
an open soul!**

How to Be Happy

1. Be optimistic
2. Follow your gut.
3. Make enough money to meet your basic needs.
4. Stay close to friends and family
5. Find happiness in the job you have now.
6. Smile.
7. Forgive.
8. Make friends who share your interests or faith.



** Top 10 Reasons to Smile **

- Smiling Makes You Attractive.
- Smiling is Contagious.
- Smiling Changes Your Mood.
- Smiling Relieves Stress.
- Smiling Boosts Your Immune System.
- Smiling Lowers Your Blood Pressure.
- Smiling Makes You Look Younger.
- Smiling Makes You Seem Successful.
- Smiling Helps You Stay Positive.
- Smiling denotes forgiveness and openness to forgive



TOP 10 REASONS YOUR MY BEST FRIEND!

10. Seems like we've known each other forever.
9. You tell me I don't look fat.
8. You laugh at my jokes.
7. We like the same junk food.
6. Long phone conversations with no silent places.
5. You'd share your last piece of chocolate.
4. You always understand.
3. You've seen me without make-up - and you didn't scream.
2. You give bad hair day sympathy.

And The #1 Reason "You're My Best Friend" is "If I Was Lost - You'd Find Me"

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