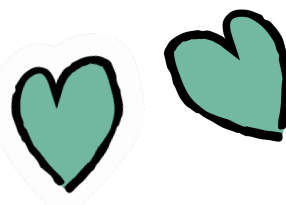




DID YOU KNOW?



When we're kind to someone, it releases **feel-good** chemicals in our brains that help us **feel happier.**



It's known as a **'Helper's High'**



52LIVES
SCHOOL OF KINDNESS

