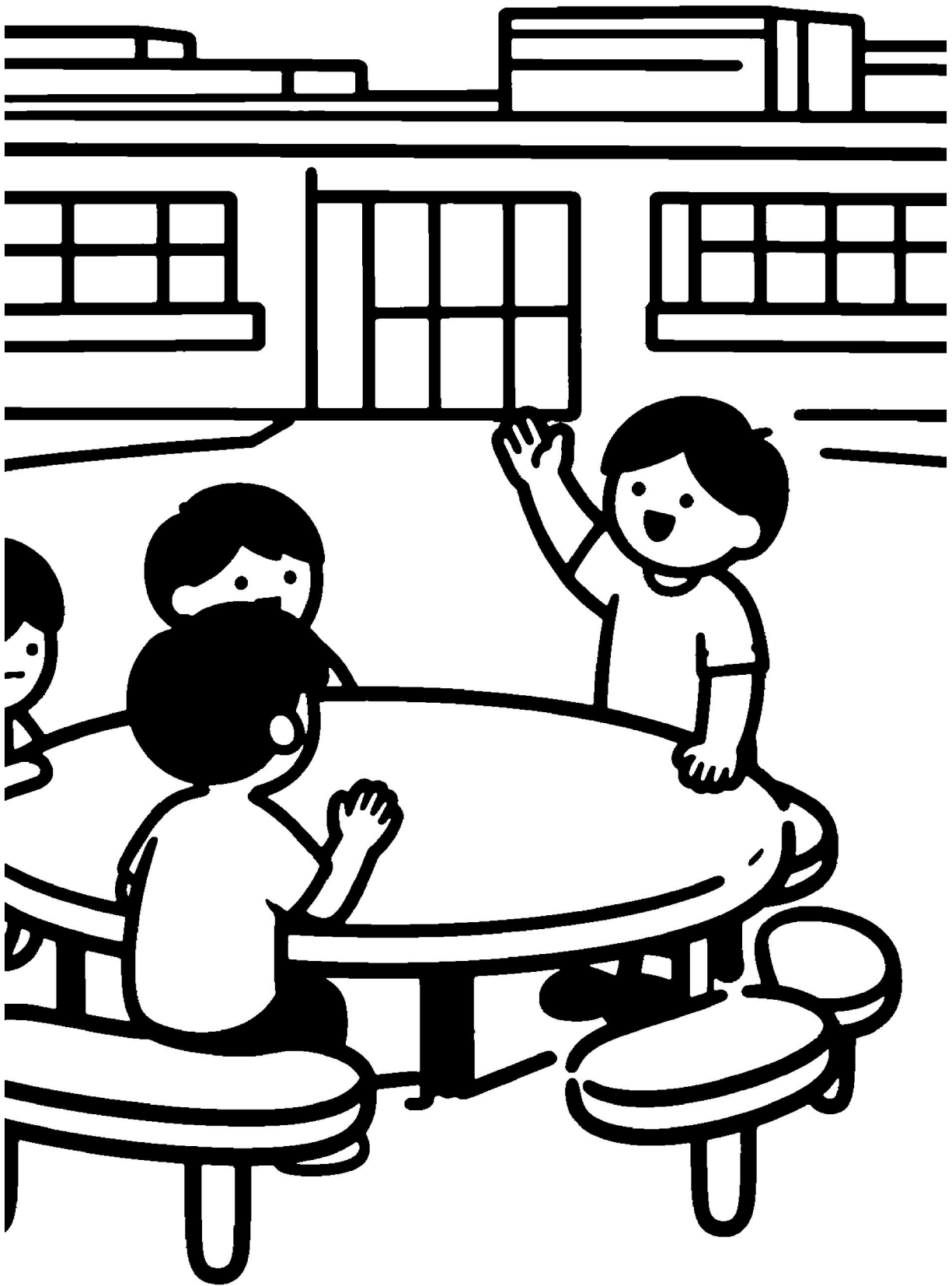




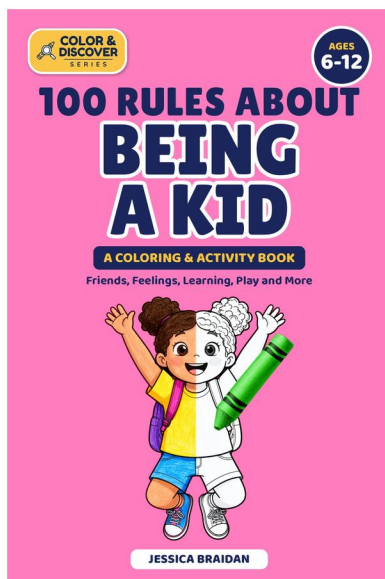
Did you know?

Be the Includer

Why It Matters: Looking around and noticing someone who is left out is one of the kindest things you can do. Everyone has felt lonely or left out at some point, and one friendly invitation can change a whole day. You do not have to be best friends with everyone — just make sure no one feels invisible. Being the kid who includes others makes you someone people love to be around.

Try This: Next time you see someone sitting alone at lunch or on the sidelines, walk over and say, ‘Do you want to join us?’

Kid Fact: Scientists have found that being left out activates some of the same parts of the brain as physical pain, so one friendly invitation really matters.



Get the whole book:

**100 Rules About Being a Kid: A
Coloring & Activity Book Packed
with Rules, Tips, and Fun Facts
for Growing Up Great**

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