

Calming oneself



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Helping



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Apologizing and forgiving



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Being kind



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Listening to a friend



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Inviting others to join



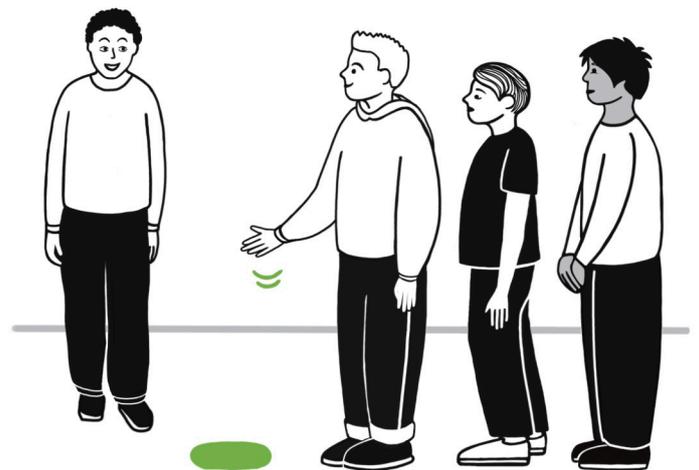
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Encouraging others



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Being flexible



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