


an act of kindness.



Cut along dotted line 


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CharacterStrengths is a free online resource, based on the positive psychology research of Dr Christopher Peterson and Dr Martin Seligman. Our aim is to promote the well-being of children and young people by helping them to develop strengths of character through play and learning. www.characterstrengths.co.uk

Please accept this thoughtful gesture
and recycle the goodwill by helping
someone else.

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