

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



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A  
D-I-F-F-E-R-E-N-C-E

**"Everyone gets the angries. But sometimes they make us say and do things that we don't really mean. We can learn how to release those mads in safe ways, so that no one gets hurt and we feel better."**

**-- Dr. Lynne Namka**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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