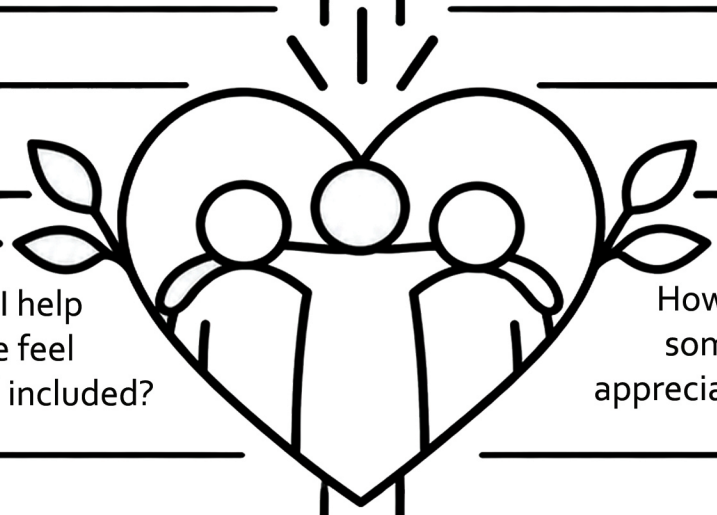
The Little Things That Bring Us Together

Small actions can make a big difference in how we connect, support, and care for one another.



How can I help someone feel seen and valued?

How can I help someone feel heard and understood?



How can I help someone feel welcome and included?

How can I help someone feel appreciated and loved?

Choose one small action you can take today to help someone feel seen, heard, included, or appreciated.

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Content created for Plant Love Grow by Elaheh Bos

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