

Find someone who...

Takes a time out if needed	Compliments others	Is a true buddy	Makes good eye contact	Is the king/queen of explanation
Has a joke for every situation	Speaks clearly	It does small acts of kindness	Discusses one issue at a time	Solves conflicts
Use healthy coping skills	Expresses honestly and kindly	Is patient with anyone	Is ready to help	Smiles often
Is respectful to others	Loves to communicate	Is empathic	Is wise calm collected	Finds best memes
Makes the funniest faces	Has the best shoulder to cry on	Uses "I statements"	Is a good listener	Is grateful

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