

A large, glossy green bubble with a dark green outline and a bright highlight at the top left.

**Connect using
technology**

A medium-sized, glossy light blue bubble with a dark blue outline and a bright highlight at the top left.

**Be kind to
myself and
others**

A medium-sized, glossy yellow bubble with a dark yellow outline and a bright highlight at the top left.


**Share fun
things**

A large, glossy red bubble with a dark red outline and a bright highlight at the top left.

**Limit
viewing of
stressful
things**

A medium-sized, glossy dark blue bubble with a dark blue outline and a bright highlight at the top left.

**Check
in with
others**

A medium-sized, glossy light green bubble with a dark green outline and a bright highlight at the top left.

**You're not
facing this
alone**