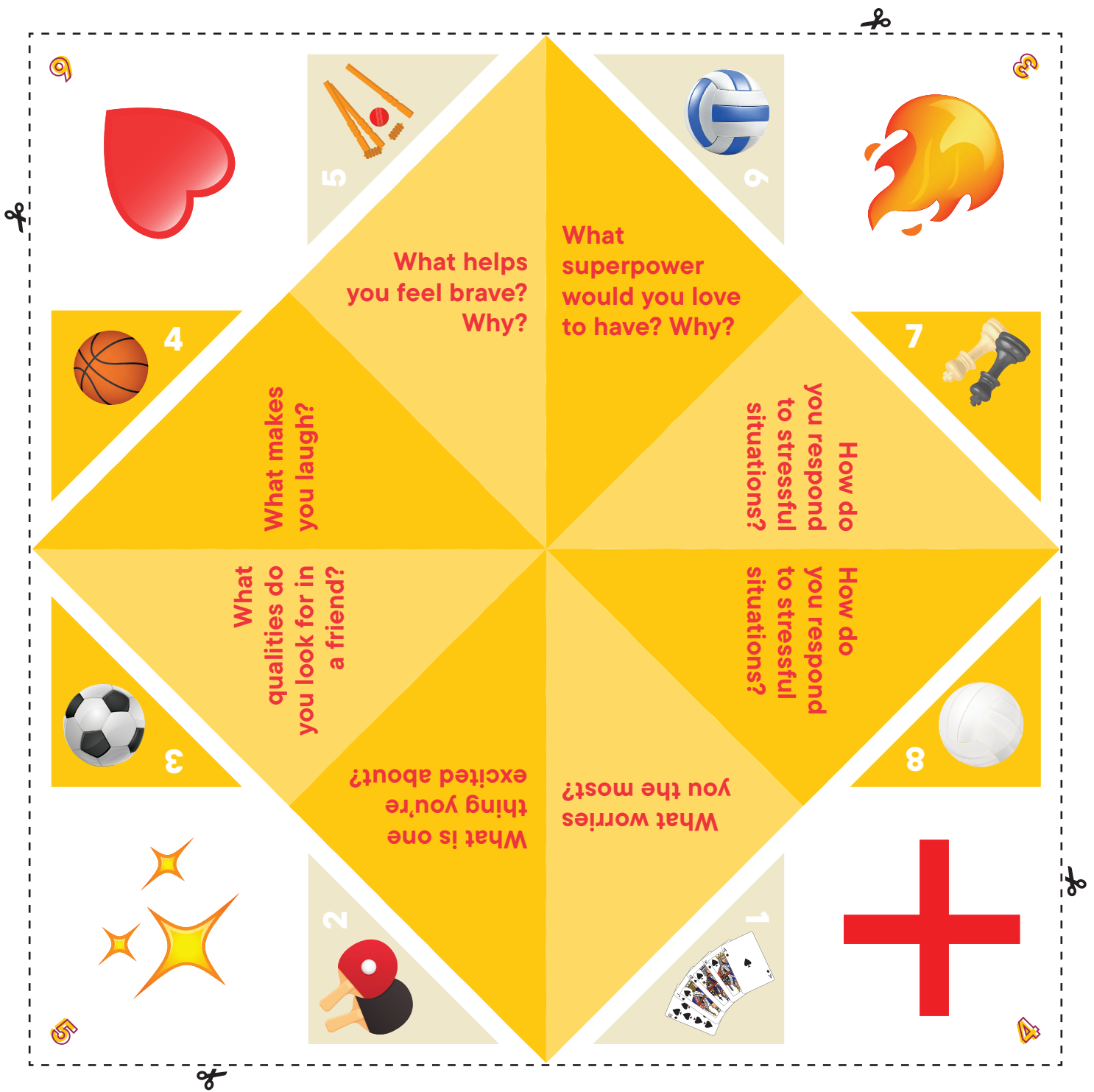




BELIEVE IN GOOD

# R U OK? Day

1. Ask someone to pick an object or number from one of the square pockets.
2. Open and close the chatterbox by spelling or counting it out.
3. Ask them to choose one of the numbers or places that are written inside.
4. Open and close the chatterbox by spelling or counting it out.
5. Ask them to choose one of the options written inside.
6. Open it to reveal the hidden message inside!



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