

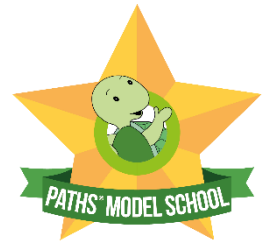
# PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

## PATHS Quote of the Month October

Kindness is Free

Sprinkle that stuff  
everywhere





KINDNESS  
IS FREE  
SPRINKLE  
THAT STUFF  
EVERYWHERE

The image features a teal background. In the upper right, a hand is shown from the wrist down, holding a small container and sprinkling a cloud of blue and white particles. These particles are falling into a large, white, speech-bubble-shaped area in the center. The text is written in a bold, black, hand-drawn font within this bubble. More particles are scattered at the bottom left of the bubble.