## PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

## PATHS Quote of the Month April

Everyone has an invisible bucket that can be filled up with kind words and actions. You can be a bucket filler when you are kind and thoughtful to others, it also fills up your bucket, as doing good deeds and giving compliments makes you feel good too. Be a bucket filler today by sharing your kindness with others.







