

Simply print and cut out

**BOUNCE ESSENTIALS**

**T** Thoughtful 

**H** Humble 

**I** Interested 

**N** Nurturing 

**K** Kind 

**Bounce**  
Be transformed.

**BOUNCE ESSENTIALS**

**M** Move 

**E** Experience 

**N** Nourish 

**T** Touch 

**A** Appreciate 

**L** Laugh 

**Bounce**  
Be transformed.