* **Give tender attention to someone who is sad or needs help**
* **Do things that give others happiness**
* **Practice habits that help the earth (reduce, reuse, recycle)**
* **Resist the temptation to be cruel in your words or actions**
* **Accept people who are different**
* **Take good care of animals**
* **Remember your connection to all of creation**
* **Always put yourself first**
* **Don’t pay attention to the needs of others**
* **Don’t think about how you can help the environment**
* **Tease and play tricks on others**
* **Ignore or ridicule someone who is different**
* **Hurt animals**
* **Neglect your pets**
* **Forget that you are part of God’s creation and that all of it deserves to be cared for with kindness**