

I AM POSITIVE



You may not control
all the events that
happen to you, but
you can decide not to
be reduced by them.

MAYA ANGELOU



Colour me



Does school look different
to you this year?

What do you like about it?



PSYCHOLOGY CANADA

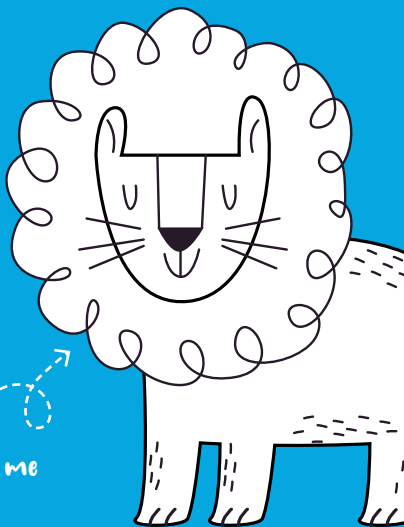
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I HAVE **COURAGE**

You'll always miss
100% of the shots
you don't take.

WAYNE GRETZKY

Colour me



What is the bravest thing you
have done this year?



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I AM MINDFUL

We cannot
direct the wind,
but we can
adjust the sails.

DOLLY PARTON

Colour me





Pause and reflect.

What do you have control
of right now?



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I LOVE MYSELF

Colour me



The privilege of a
lifetime is being
who you are.

JOSEPH CAMPBELL



What are the qualities
you bring to your friendships?

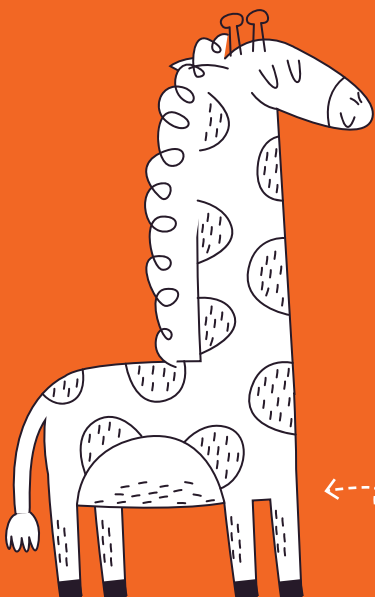
Make sure you bring those
traits to yourself and be
your own best friend!



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I AM THANKFUL



Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.

A.A. MILNE
IN WINNIE-THE-POOH

← Colour me



What are you grateful for?

Who do you appreciate?

How do you show how
thankful you are?



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