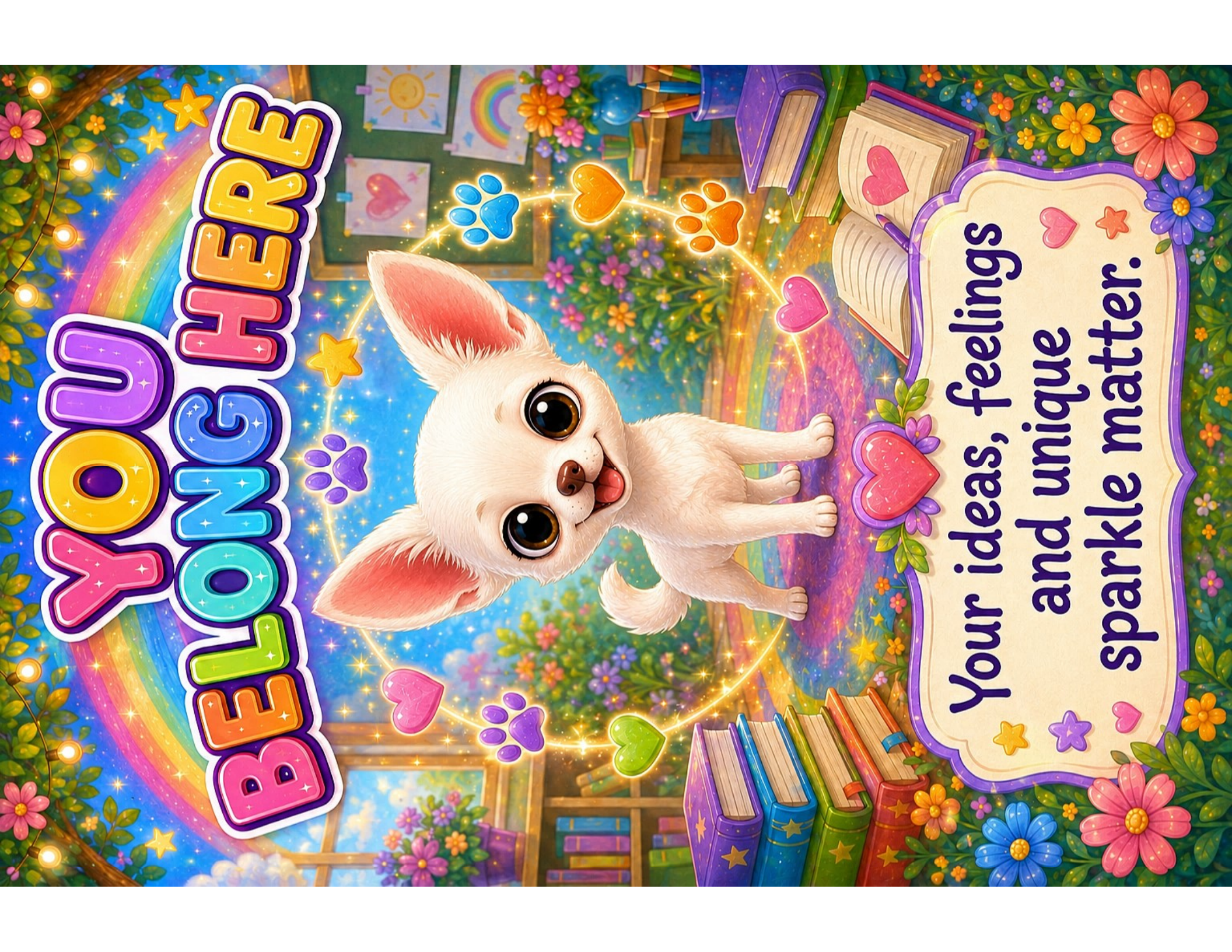




YOU BELONG HERE

Your ideas, feelings
and unique
sparkle matter.

ALL FEELINGS ARE WELCOME



Feelings are visitors.
Notice them, name them
and let them pass.

PAUSE. BREATHE. CHOOSE.



A calm breath gives
your brain time to
make a kind choice.

MISTAKES HELP US GROW



You do not have to be
perfect. Learn, try again
and keep going.

KIND WORDS HAVE POWER



Speak to others
the way you want
them to speak to you.

BRAVE CAN FEEL SCARED



Courage means trying
even when your tummy
feels fluttery.

ASKING FOR HELP IS STRONG



You never have to
solve every problem
on your own.



BE KIND

BE BRAVE

BE YOU

YOUR PACE IS JUST RIGHT



Small steps still move
you forward. Keep going!

NOTICE IT. NAME IT. TAME IT.

When you name your feeling,
you can choose what may help.



MAKE ROOM FOR EVERYONE



★ Invite others in, listen
kindly and help
everyone belong. ★