

Never apologise for being sensitive or emotional. Let this be a sign that you've got a big heart and aren't afraid to let others see it. Showing your emotions is a sign of strength.



Finding the Power Within!

What does this quote mean to you?

What does apologise, sensitive and emotional mean?

Why is showing your emotions a sign of strength?

Why is it important to tell people how you're feeling?



Reading gives
us a place to go
when we have
to stay where
we are.

- Mason Cooley



Finding the Power Within!

What does this quote mean to you?

What does it mean by place to go?

What books do you like to read?

Why is reading important to you?

What's something you've learnt from a book?



Winning doesn't
always mean
being first, winning
means you're doing
better than you've
done before.

- Bonnie Blair



Finding the Power Within!

What does this quote mean to you?

When have you improved in a skill?

Did this take time to do?

How did it make you feel when you finished?



**I don't care if
you don't like
me. I like me.**



Finding the Power Within!

What does this quote mean to you?

What are the things you most like about yourself?

What are the things you most like about your friends and family?



**Be careful with
your words.
Once they are
said, they can
be only forgiven
not forgotten.**



Finding the Power Within!

What does this quote mean to you?

Why should we be careful of the words we use?

How do mean words vs nice words make you feel?

What does it mean to forgive someone?



**Don't cry
because it's
over, smile
because it
happened.**

- Dr Seuss



Finding the Power Within!

What does this quote mean to you?

When might be a time you were sad something was over?

Why did it make you sad?

Why should we try to smile and be happy next time?

Do you have a brother or sister this happens to?

How might we help them be happy instead?



**Before you
speak, THINK**

Is it True?

Is it Helpful?

Is it Inspiring?

Is it Necessary?

Is it Kind?



Finding the Power Within!

What does this quote mean to you?

Why is it important to tell the truth?

Why is it important to be helpful /
when have you been helpful?

What does inspiring mean / What
inspires you?

What does necessary mean?

Why is it important to be kind? What
things might you do to be kind to
someone?



**Its ok to be
scared. That
means you're
about to do
something that
is really, really
brave.**



Finding the Power Within!

What does this quote mean to you?

What is something you are scared of doing?

What might someone do when they're scared?

How can we help someone who is scared?

When have you been scared and done something really brave?



**If you cannot do
great things, do
small things in a
great way.**



Finding the Power Within!

What does this quote mean to you?

What small things can you do in a great way? E.g. help around the house

When have you done something great?



**Mistakes are
proof that you
are trying.**



Finding the Power Within!

What does this quote mean to you?

Why is it important to make mistakes?

When have you made a mistake? Did you make it a second time, or did you learn from it?

What kind of things might you tell someone if they made a mistake?
E.g. it's ok you will do better next time
or it's ok to make mistakes because
we can learn from them.



**Be the reason
someone smiles
today.**



Finding the Power Within!

What does this quote mean to you?

Have you made someone smile today?

Has something made you smile today and why?

How does it make you feel when you smile?

What are the kind of things you might do to make someone else smile?



**It doesn't matter
how slow you
go as long as
you do not stop.**



Finding the Power Within!

What does this quote mean to you?

Do you think going slow is a good or bad thing and why?

What can you achieve when you go?

What are some other words for 'slow'? E.g. taking your time



**Practice makes
progress, not
perfect.**



Finding the Power Within!

What does this quote mean to you?

What does practice mean?

What does progress mean?

What is something that you practice and have seen yourself improve in?

What have you made progress in?



Alice: This is
impossible.

The Mad Hatter:
Only if you
believe it is.



Finding the Power Within!

What does this quote mean to you?

What does the Mad Hatter mean when he says "only if you believe it is"

When have you thought something was impossible and you achieved it?

What might we do next time we think something is impossible?



**Every
accomplishment
starts with the
decision to try.**



Finding the Power Within!

What does this quote mean to you?

What is something you remember trying for the first time? Did you like it or not?

Why it is important to try?

How might you encourage others to try?



**You are braver
than you believe
and stronger
than you seem
and smarter
than you think**

- A.A. Milne.

Winnie the Pooh



Finding the Power Within!

What does this quote mean to you?

Can you think of a time you've been brave?

What about a time you surprised yourself?



**Just because
you took longer
than others, it
doesn't mean
you failed**



Finding the Power Within!

What does this quote mean to you?

Can you think of a time when this quote applied to you?



**The things that
make me different
are the things that
make me...me**



Finding the Power Within!

What does this quote mean to you?

What makes you, you?

Why is it important to be different?



**You don't have
to be perfect to
be amazing**



Finding the Power Within!

What does this quote mean to you?

Can you think of a time when you made a mistake, or something wasn't perfect?

Does this mean you're not an amazing person now?

What makes you amazing?



Advice from a Tree

- Stand tall and proud
- Go out on a limb
- Remember your roots
- Drink plenty of water
- Be content with your natural beauty
- Enjoy the view



Finding the Power Within!

What does this quote mean to you?

Go through each point and discuss what each means to the children.



**Stand for what
is right even
if that means
standing alone**



Finding the Power Within!

What does this quote mean to you?

Can you think of a time when you stood for what was right? This may have been standing up for a friend, deciding not to do something because you thought it was wrong etc.



**When life throws
you rainy days,
play in the
puddles**



Finding the Power Within!

What does this quote mean to you?

Can you think of a time when something didn't go to plan and you decided to remain positive?



**Sometimes you
will never know
the value of a
moment until
it becomes a
memory**



Finding the Power Within!

What does this quote mean to you?

Can you think of a moment that became a memory?

What is your earliest memory?



**It's okay
not to be
okay**



Finding the Power Within!

What does this quote mean to you?

Why is it OK not to be OK?

What are some of the things you do when you're not OK?

Who do you talk to?

Why is it important to talk to someone?



Wrong is wrong
even if **everyone**
is doing it. Right
is right even if **no**
one is doing it



Finding the Power Within!

What does this quote mean to you?

Can you think of a time when you did the right thing?

What about a time when you did the wrong thing?

Did you learn from it and would you do it again?



Don't wait until
you reach your
goal to be proud
of yourself.

**Be proud of every
step you take.**



Finding the Power Within!

What does this quote mean to you?

Why is it important to celebrate your achievements?

Shine a light on yourself and share with the person sitting next to you a time when you were proud of yourself. (Now take the time to share each other's stories to the group and congratulate them through clapping)



**Sometimes
we win and
sometimes
we learn**



Finding the Power Within!

What does this quote mean to you?

Why do you think the word lose was left out of this quote?

What do we learn from not winning?



**Why fit in when
you were born
to stand out**

- Dr Seuss



Finding the Power Within!

What does this quote mean to you?

What is different about you that you like?

Why is it important to be yourself?



**No act of
kindness no
matter how
small is ever
wasted.**



Finding the Power Within!

What does this quote mean to you?

Can you think of a time where you did a random act of kindness & what was it?

What are some kind things we can do to brighten someone's day?

What signs might someone be showing if they are having a bad day, e.g. sad face, crying, sitting alone etc?



**If you are not
willing to learn, no
one can help you.**

**If you are
determined to
learn, no one can
stop you**



Finding the Power Within!

What does this quote mean to you?

What is something you're passionate to learn about?

