

**Courage doesn't mean
you don't get afraid.**

**Courage means you
don't let fear stop you.**



Finding the Power Within!

What does this quote mean to you?

Raise your hand if you have a fear.

What kind of things might your body start to do when it's scared? E.g. shake, heart racing, deep breathing etc.

What are some things you can tell yourself when you're scared?

Has fear ever stopped you from doing something?

When have you overcome your fears or stretched outside your comfort zone?



**Strong people
don't put others
down they lift
them up.**

– Michael Watson



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What does this quote mean to you?

Have you ever been put down before?

How did this make you feel?

How has someone lifted you up in the past?

How did this make you feel?

How can we lift others?



**Alone we are
smart, together
we are brilliant.**

– Steve Anderson



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What does this quote mean to you?

What have you achieved working in a group?

When are times you might ask for help?



**Laughter is timeless,
imagination has no
age and dreams
are forever.**

– Walt Disney



Finding the Power Within!

What does this quote mean to you?

Do you think adults use their imagination?

When have you used your imagination to make something?

What are your dreams and aspirations?

What makes you laugh?



**You can't go back and
change the beginning,
but you can start
where you are and
change the ending.**

– C. S. Lewis



Finding the Power Within!

What does this quote mean to you?

Have you ever made a change in yourself before & what was it? E.g. how you treated someone, how you fixed a problem.



**And suddenly you
know... it's time to
start something new
and trust the magic
of beginnings.**

– Meister Eckhart



Finding the Power Within!

What does this quote mean to you?

When have you stepped outside your comfort zone to try something new?

What might you learn from trying something new?



**I may not be
there yet, but I'm
closer than I was
yesterday.**

- José N. Harris



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What does this quote mean to you?

What is something you've made progress on?

How did this make you feel?



**Winners are not
people who never
fail, but people
who never quit.**



Finding the Power Within!

What does this quote mean to you?

Can you share a time when you kept trying?

What did you learn from this?



**Sometimes the
smallest things take
up the most room
in our hearts.**

- A.A. Milne, Winnie the Pooh



Finding the Power Within!

What does this quote mean to you?

What is something simple you enjoy doing? E.g. picking flowers, going for a walk.

How does this make you feel?



I AM W.E.I.R.D

- Wonderful
- Exciting
- Interesting
- Real
- Different



Finding the Power Within!

What does this quote mean to you?

Do you think it's OK to be different?

Share 1 interesting thing about yourself we might not already know?
E.g. Where you're from, secret talents, hobbies etc.



**You can
Watch me,
Mock me,
Block me,
Or join me,
But what you cannot
do is stop me.**



Finding the Power Within!

What does this quote mean to you?

Can you share a time when you've been determined to do something?

Can you think of a time when you decided to do something different to what your friends would do?



**No, we don't always
get what we want.
But consider this:
There are people who
will never have what
you have, right now.**



Finding the Power Within!

What does this quote mean to you?

What does it mean to be grateful?

What are some of the things in your life you are grateful for?



**Don't change so
people will like you.**

**Be yourself and the
right people will
love the real you.**



Finding the Power Within!

What does this quote mean to you?

Why is it important to be yourself?



**Do what
you feel in
your heart
to be right.**



Finding the Power Within!

What does this quote mean to you?

Why is it good to follow your heart?



**Wi-Fi went down
for five minutes, so
I had to talk to my
family. They seem
like nice people.**



Finding the Power Within!

What message do you think this quote is trying to send?

Sometimes answering the same questions can become a bit boring, e.g. how was school today? what did you do?

So, we want to challenge you to write 5 new questions you can ask your family members during dinner tonight.

Try and think of questions you may not know the answer to e.g.

- What was your first ever job?
- Have you ever broken a bone and how did you do it?
- What's something funny I use to do when I was younger?
- Would you rather be a giant rodent or a tiny elephant?
- What is a weird habit that you have?
- Would you rather hear or see?

