Courage doesn’t mean you don’t get afraid. Courage means you don’t let fear stop you.
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

Finding the Power Within!
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

Finding the Power Within!
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
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
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
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
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.
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.
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.
What does this quote mean to you?

Why is it important to be yourself?
Finding the Power Within!

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.
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?