

**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?

- Raise your hand if you use any electronic devices at the dinner table? E.g. phones, iPads, listen to music etc.
- Raise your hand if you watch TV while eating dinner.
- Raise your hand if electronic devices are banned during dinner time.

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?



**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 & 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.



**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?



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



**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**



**Finding the Power Within!**

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 your friends?





**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 & 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?

