

#500kSTRONG



We Are All Strong!

In partners or small groups:

- 1.) discuss what you saw the children doing in the video.
- 2.) share a story of something that makes you feel proud.
- 3.) name someone who helps you and explain how they help.

On your own:




Name 3 things that get you worried or stressed:

_____ , _____ , _____

What are some ways you can relax when you are overwhelmed? (ie: go for a walk)

_____ , _____ , _____

Things I'm Good at:

	At School 	With Friends 	On my own 
①			
②			
③			