

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with several ducks swimming, a forested hillside, and distant mountains under a clear sky.

You are
beautiful

A close-up photograph of a person's feet wearing purple canvas sneakers with white laces and white soles. The person is standing on a purple skateboard with a textured deck and four red wheels. The background is a light-colored, possibly concrete, ground.

*How can I be
a better friend today?*

I show my friends that
I care about them



People
care
about you!





I make myself proud

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text 'You are kind' is overlaid on the image in a stylized font.

*You are
kind*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**I like to eat
healthy food**

Kids' Minds 11-14 years old by Kim Serwint



I love learning new things
every day

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and mountains under a clear sky.

You deserve
to be heard



*I love to
play!*

I care about
my community



I have
a great
future





People like me

A close-up photograph of several macarons on a light-colored wooden surface. On the right, a stack of three macarons is shown: the top one is pink, the middle one is light blue, and the bottom one is light green. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text 'I feel lucky!' is overlaid on the image in a stylized font.

*I feel
lucky!*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and carefree. The overall atmosphere is bright and positive.

**I can forgive
my friends**

Kids' Minds: 11-14 years old by Kim Serwint



I am
loved

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake, a forested hillside, and distant mountains under a clear sky.

I care about
what is
going on
in the world



You are
intelligent

You are
a great friend!



I can
take
advice



A close-up photograph of several people's hands clasped together in a circle, symbolizing unity and belonging. The hands are of various skin tones, and some are wearing accessories like a colorful beaded bracelet and a silver chain bracelet. The background is a blurred outdoor setting with green foliage and a stone wall. A semi-transparent white banner is overlaid across the middle of the image, containing the text "I belong" in a blue, sans-serif font.

I belong

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text 'I am healthy' is overlaid on the image in a stylized font.

*I am
healthy*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**People
like you!**

Kids' Minds 11-14 years old by Kim Serwint



I am
intelligent

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with some ducks, a forested hillside, and mountains in the distance under a clear sky.

I can do
whatever
I imagine
I can do!



*You are so
talented!*

I like to
have fun



Today,
I am learning
a new skill



A close-up photograph of several children's hands stacked together in a circle, symbolizing teamwork and support. The hands are of various skin tones. One child on the left wears a colorful beaded bracelet. The background is slightly blurred, showing green foliage and a grey stone wall.

I am a good helper

A close-up photograph of several macarons in various colors (pink, light green, and light blue) stacked on a wooden surface. A single light green macaron is leaning against the stack. In the background, a round, golden-brown cookie is visible. The text "Be happy being you!" is overlaid on the image in a stylized font.

*Be happy
being you!*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**You have
amazing friends**

Kids' Minds: 11-14 years old by Kim Serwint



I like
myself

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with several ducks swimming, a forested hillside to the left, and misty mountains in the distance under a clear sky.

I am
heard



*You are a
good student*

People want to be
friends with you



I can talk
about
my feelings





You are respected

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text 'Chore can be fun!' is overlaid on the image in a playful, cursive font.

*Chore can
be fun!*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and carefree. The overall atmosphere is one of happiness and friendship.

**People see
my kindness**

Kids' Minds 11-14 years old by Kim Serwint

An open book is shown from a top-down perspective, with its pages fanned out. A large, glowing, semi-transparent heart shape is positioned in the center, appearing to rise from the book's pages. The background is a soft pink gradient with some abstract light streaks. The text 'I deserve love' is centered in the upper half of the image.

I deserve
love

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and distant mountains under a clear sky.

I am a great
listener



*I am
responsible*

I am a
great friend



I take
good care
of myself





I respect my friends


A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text 'I am kind' is overlaid on the image in a stylized font.

*I am
kind*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and carefree. The overall atmosphere is one of happiness and social interaction.

**I make friends
easily**

Kids' Minds: 11-14 years old by Kim Serwint

An open book is shown from a top-down perspective, with its pages fanned out. A large, glowing, semi-transparent heart is positioned in the center, resting on the book's pages. The heart has a gradient from light yellow to white. The background is a soft pink with abstract, flowing white and yellow lines that create a sense of movement and light. The overall mood is warm and affectionate.

You are
loved

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and mountains in the distance under a clear sky.

I make
the right
choices
every time



*I am
brave*

I can say no,
and no means no



Do
your
best





I respect other
people's belongings

A close-up photograph of several macarons and a cookie. On the right, a stack of three macarons: a pink one on top, a light green one in the middle, and a light blue one at the bottom. To the left, a light green macaron is leaning against the stack. In the background, a round, golden-brown cookie is visible. The entire scene is set against a soft, out-of-focus background of warm colors.

*I am happy
being me*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and carefree. The overall atmosphere is bright and positive.

**I choose friends
who are nice to me**

An open book is shown from a top-down perspective, with its pages fanned out. A large, glowing, semi-transparent heart shape is centered over the book's pages. The background is a soft, light pink color with subtle, curved lines. The text "I will figure it out" is overlaid on the upper part of the image.

I will
figure it out

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with several ducks, a forested hillside, and hazy mountains under a bright sky.

I am
beautiful



*You are
awesome!*

I care about
others



I love to
move
my body



A close-up photograph of several children's hands stacked together in a circle, symbolizing unity and self-care. The hands are of various skin tones. One child on the left wears a colorful beaded bracelet. The background is a blurred outdoor setting with green foliage and a grey stone wall.

I feel good when I
take care of my body

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text 'You belong!' is overlaid on the image in a stylized font.

*You
belong!*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**I appreciate what
others do for me**



I enjoy
learning

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and distant mountains under a clear sky.

It's okay to say
you're hurt



*You are
responsible*

I care about the
environment



I can handle
this
challenge



A close-up photograph of several people's hands stacked together in a circle, symbolizing unity and support. The hands are of various skin tones, and one person is wearing a colorful beaded bracelet. The background is slightly blurred, showing green foliage and a stone wall.

People appreciate
your talents

A close-up photograph of several macarons and a cookie. On the right, a stack of three macarons: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. In the background, a round, golden-brown cookie is visible. The entire scene is set against a warm, blurred background of light brown and yellow tones. The text "I feel happy today" is overlaid on the image in a cursive font.

*I feel happy
today*

A group of five diverse children (three boys and two girls) are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

People
appreciate you

Kids' Minds: 11-14 years old by Kim Serwint



I tell
the truth

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The pier extends into a calm lake. In the background, there are green forested hills and mountains under a clear sky. Several ducks are swimming in the water.

Life is
beautiful



*I am responsible with
my technology*

I do kind things
for others



I feel good
when I learn
new skills



A close-up photograph of several children's hands stacked together in a circle, symbolizing unity and respect. The hands are of various skin tones. One child on the left wears a colorful beaded bracelet. Another child on the right wears a silver chain bracelet. The background is slightly blurred, showing green foliage and a grey stone wall.

I respect my teachers

A close-up photograph of several macarons in a white bowl. One light green macaron is leaning against a stack of three macarons: a pink one on top, a light blue one in the middle, and a light green one at the bottom. The background is a soft-focus wooden surface.

*I am a caring
person*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and energetic. The overall atmosphere is bright and positive.

**I like to make people
feel good**

Kids' Minds 11-14 years old by Kim Serwint



I love to explore
my talents

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake, a forested hillside, and distant mountains under a clear sky.

I take care
of my
**space at
home**



*I work
hard*

I can forgive
my family



I have
amazing
talents



A close-up photograph of several people's hands clasped together in a circle, symbolizing unity and support. The hands are of various skin tones, including light, dark, and medium. One person on the left wears a colorful beaded bracelet. The background is a blurred outdoor setting with green foliage and a stone wall. A semi-transparent white banner with blue text is overlaid across the center of the image.

I am happy
to be here

A close-up photograph of several macarons in a white bowl. The macarons are in shades of pink, light green, and light blue. One pink macaron is at the top of a stack on the right. Below it are two light green macarons, and at the bottom is a light blue one. To the left, a single light green macaron is leaning against the stack. The background is a soft, out-of-focus warm tone.

*Speak up when
you need to!*

A group of five diverse children (three boys and two girls) are laughing and pointing towards the camera. They are in a brightly lit, colorful environment with abstract geometric shapes in shades of orange, yellow, and blue. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**I can say yes,
and yes means yes**

Kids' Minds 11-14 years old by Kim Serwint



I am
curious

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and mountains under a clear sky.

I can speak up
when I need to



*I am
awesome!*

I am
making this fun!



I love
to be
outdoors



A close-up photograph of several hands of different ethnicities and ages stacked together in a circle. The hands are positioned as if they are about to hold something together or are already holding it. The background is a blurred outdoor setting with green foliage and a stone path. A semi-transparent white banner with blue text is overlaid across the middle of the image.

**What new things
can I learn today?**

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text "I laugh a lot" is overlaid on the image in a stylized font.

*I laugh
a lot*

A group of five diverse children are laughing and playing in a colorful, abstract environment. The children are of various ethnicities and are dressed in casual clothing. The background is a vibrant mix of orange, yellow, and blue, with geometric shapes and patterns. The overall mood is joyful and energetic.

**My friends make me feel
good about myself**

An open book with a glowing heart shape in the center of the pages. The heart is white and translucent, with a bright light emanating from its center. The book's pages are white and slightly blurred, suggesting depth. The background is a soft pink gradient with a white curved line at the top.

I take care of
my belongings

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with several ducks, a forested shoreline, and hazy mountains under a clear sky.

It feels
good
**to be
honest**



*You are
amazing!*

The more you like yourself,
the more others will like you



You are a
caring
person



A close-up photograph of several hands of different skin tones stacked together in a circle. The hands are positioned in a way that suggests support and unity. One hand on the left has a colorful beaded bracelet. Another hand on the right has a silver chain bracelet. The background is a blurred outdoor setting with green foliage and a stone wall.

I am supported

A close-up photograph of macarons. On the right, a stack of three macarons: a pink one on top, a light blue one in the middle, and a light green one at the bottom. On the left, a single light green macaron shell is shown in profile. The background is a soft-focus wooden surface.

*I can say
I'm sorry*

A group of five diverse children (three boys and two girls) are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**People want to be
friends with me**

Kids' Minds 11-14 years old by Kim Serwint



I learn
easily

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake, a forested hillside, and distant mountains under a clear sky.

I
remember
everything
I learn



*This is
fun!*

I am
adventurous



Your dreams
are
important





**You can remember
anything you learn**

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text "I am creating myself" is overlaid on the image in a stylized font.

*I am creating
myself*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**I have great
friendships**

Kids' Minds 11-14 years old by Kim Serwint



I am
smart



I can
remember
anything
I learn



*I am
amazing!*

I show my family that
I care about them



You
really
care!



A close-up photograph of several people's hands stacked together in a circle, symbolizing support and community. The hands are of various skin tones, including light, dark, and medium. One person on the left wears a colorful beaded bracelet, and another on the right wears a silver chain bracelet. The background is a blurred outdoor setting with green foliage and a stone wall.

It's okay to
ask for help

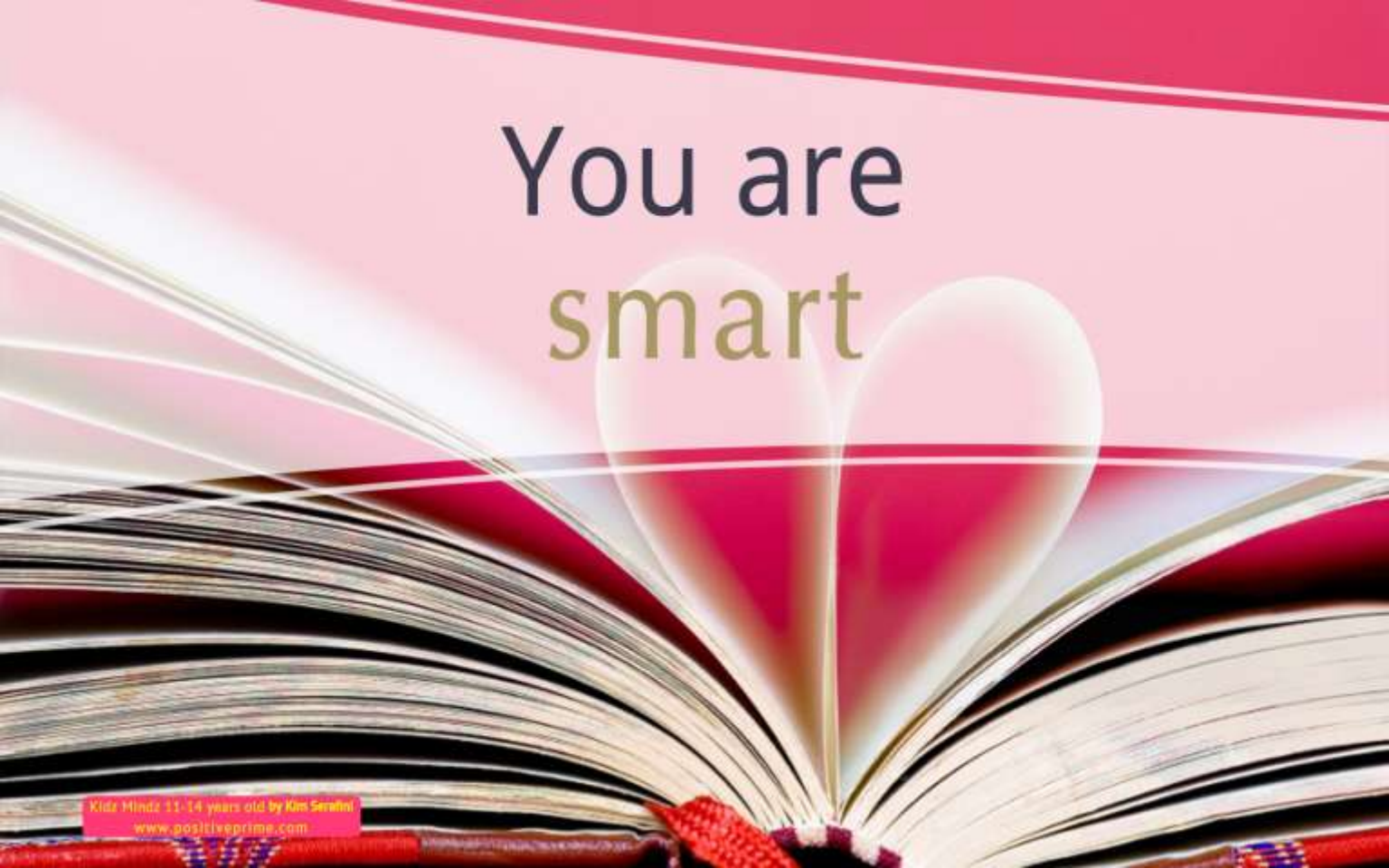
A close-up photograph of several macarons in a white bowl. The macarons are in shades of pink, light green, and light blue. One pink macaron is on top of a stack of two light green macarons. Another light green macaron is leaning against the stack. The background is softly blurred, showing more macarons and a wooden surface.

*I like the
way I look*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**People want to be
my friend**

Kids' Minds 11-14 years old by Kim Serwint

An open book is shown from a top-down perspective, with its pages fanned out. A large, glowing, semi-transparent heart shape is positioned in the center of the book's pages. The background is a soft pink color with several bright, white, curved light rays emanating from behind the book. The overall composition is clean and motivational.

You are
smart

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake, a forested hillside, and distant mountains under a clear sky.

I stand up
for myself
because
I matter



*I love
who I am*

I am learning new
things every day



I feel
strong
today





People care about me

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text "I am happy" is overlaid on the image in a stylized font.

*I am
happy*

A group of five diverse children (three boys and two girls) are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

People
appreciate me

Kids' Minds 11-14 years old by Kim Serwint



You will
figure it out

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake, a forested hillside, and distant mountains under a clear sky.

Always
make the
**choice that
feels right**



*You are
healthy*

I have dreams and
they are important



You can
handle
this!





I am respected

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text "I can forgive myself" is overlaid on the image in a cursive font.

*I can forgive
myself*

A group of five diverse children are laughing and playing together in a vibrant, abstract environment with bright orange and yellow geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and carefree. The overall atmosphere is one of happiness and friendship.

**I have a
lot of friends**

Kids' Minds: 11-14 years old by Kim Serwint



I love
myself

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and distant mountains under a clear sky.

I am grateful
for life



*Be
brave!*

The hard times
always pass!



It's okay
to say
you're scared



A close-up photograph of several people's hands stacked together in a circle, symbolizing unity and honesty. The hands are of various skin tones, and some are wearing colorful beaded bracelets or simple metal chains. The background is a blurred outdoor setting with green foliage and a stone path. A semi-transparent white banner is overlaid across the middle of the image, containing the text "I am honest" in a bold, teal, sans-serif font.

I am honest

A close-up photograph of several macarons in various colors (pink, light green, and light blue) stacked on a wooden surface. A single light green macaron is leaning against the stack. In the background, a round, golden-brown cookie is visible. The text "I feel good about myself" is overlaid on the image in a cursive font, with "I feel good" in pink and "about myself" in teal. A thin white arc is drawn across the top of the image.

*I feel good
about myself*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and inclusive.

**I feel like
I belong**

Kids' Minds 11-14 years old by Kim Serwint



I can
figure it out

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and distant mountains under a clear sky.

I deserve to
be heard



*I like the way
I act*

It's easy to make
excellent decisions!



I make
excellent
decisions





Your feelings
are important

A close-up photograph of several macarons on a light-colored wooden surface. On the right, a stack of three macarons is shown: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text 'Be happy!' is overlaid on the image in a stylized font.

*Be
happy!*

A group of five diverse children are smiling and posing in a vibrant, abstract background of orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

Smile Smile Smile Smile
Smile Smile Smile Smile



I love
myself today

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake, a forested hillside, and distant mountains under a clear sky.

I make the
choices
*that feel
right*



*I deserve
respect*

I feel good
today



My opinion matters






I can ask for help
when I need it

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a single light green macaron is tilted to the left. To its right, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. The background is softly blurred, showing more macarons in various colors. A thin, white, curved line arches over the top of the scene.

/
care

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and energetic. The overall atmosphere is bright and positive.

**I will ask for help
when I need it**

An open book is shown from a top-down perspective, with its pages fanned out. In the center of the book, a glowing, translucent heart shape is superimposed. The background is a soft pink color with several bright, white, curved light rays emanating from behind the heart. The overall composition is clean and modern.

You are
heard

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with several ducks swimming, a forested hillside, and hazy mountains under a bright sky.

I am
grateful



*You look
great!*

I love and respect
my family



I always
do
my best





You can do whatever
you imagine you can do!

A close-up photograph of several macarons on a light-colored wooden surface. In the foreground, a stack of three macarons is visible: a pink one on top, a light blue one in the middle, and a light green one at the bottom. To the left, a single light green macaron is leaning against the stack. The background is softly blurred, showing more macarons in various colors. The text "I smile a lot" is overlaid on the image in a stylized font.

*I smile
a lot*

A group of five diverse children are laughing joyfully in a brightly lit play structure with orange and yellow walls. The children are dressed in casual clothing like sweaters and jackets. The overall mood is happy and energetic.

Laugh Laugh Laugh
Laugh Laugh Laugh

Kids' Minds: 11-14 years old by Kim Serwint



I have perfect
memory

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and distant mountains under a clear sky.

I am proud
of myself



*I am
having fun*

Play is good
at any age!



I listen
because
I care



A close-up photograph of several hands of different skin tones stacked together in a circle, symbolizing unity and support. The hands are positioned in the center of the frame, with some wearing colorful beaded bracelets. The background is a blurred outdoor setting with green foliage and a grey stone wall.

**It's okay to say you
don't know the answer**

A close-up photograph of several macarons in a white bowl. The macarons are in shades of pink, light green, and light blue. One pink macaron is stacked on top of a light green one, which is on top of a light blue one. Another pink macaron is leaning against the stack. The background is softly blurred, showing more macarons and a wooden surface.

*I choose to
feel happy*

A group of five diverse children, three boys and two girls, are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing, and their expressions are joyful and carefree. The overall atmosphere is bright and positive.

**It's okay if people
are different**

Kidz Mindz 11-14 years old by Kim Serafini

An open book with a glowing heart shape rising from its pages. The background is a soft pink gradient with a white heart shape in the center. The book's pages are visible at the bottom, and a red ribbon is tied around the spine.

You deserve
love

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with several ducks swimming, a forested hillside to the left, and misty mountains in the distance under a clear sky.

I'm
ok



*I am
unique*

I can learn from
my mistakes



Stand up
for
yourself





I love and respect
my friends

A close-up photograph of several macarons in various colors (pink, light blue, green) and a round cookie, all resting on a light-colored wooden surface. The background is softly blurred. A semi-transparent white oval is overlaid on the image, containing the text.

*It's easier to
tell the truth*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**I am nice to
my friends**

Kids' Minds: 11-14 years old by Kim Serwint



Do the
right thing

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and distant mountains under a clear sky.

Your ideas are
important



*You're
ok*

Wonderful things are
coming my way!



Love
who
you are!





I always try to do
the right things

A close-up photograph of several macarons in a white bowl. The macarons are in shades of pink, light green, and pale blue. One pink macaron is stacked on top of a light green one, which is on top of a pale blue one. Another pink macaron is leaning against the stack. The background is softly blurred, showing more macarons and a wooden surface.

*Your opinion
matters a lot*

A group of five diverse children are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and energetic.

**People appreciate
my talents**

An open book is shown from a top-down perspective, with its pages fanned out. A large, glowing, semi-transparent heart shape is centered over the book's spine. The background is a soft pink gradient with some abstract white and pink lines. The text "My ideas are important" is overlaid on the upper part of the image.

My ideas are
important

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and mountains under a clear sky.

I am a good
student



*You deserve
respect*

I am proud of
how I behave



I am okay
being alone
sometimes





It's okay to talk
about your feelings

A close-up photograph of several macarons in a white bowl. One light green macaron is leaning against a stack of three macarons: a pink one on top, a light blue one in the middle, and a light green one at the bottom. The background is a soft-focus wooden surface.

*My feelings
matter*

A group of five diverse children (three boys and two girls) are laughing and playing in a vibrant, abstract environment with bright orange, yellow, and blue geometric shapes. The children are dressed in casual clothing like sweaters and jackets. The overall mood is joyful and inclusive.

**I can accept people
for who they are**

An open book with a glowing heart on top. The background is a soft pink gradient with white and red wavy lines. The text 'I appreciate my life' is centered over the heart.

I appreciate
my life

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with several ducks swimming, a forested hillside, and distant mountains under a clear sky.

I love to be
in nature



Sometimes I need
help and that's okay

A young woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and mountains under a clear sky.

Actively
contribute
to
benefit
others



*What
went right?*

Grateful?

Think about what you are grateful for
and

Think about why you are grateful...

Feel the feelings of gratitude



Celebrate
your
successes!



A close-up photograph of several people's hands stacked together in a circle, symbolizing unity and support. The hands are of various skin tones. One person on the left has a colorful beaded bracelet. The background is slightly blurred, showing what appears to be a paved surface and some greenery.

Life is
happening for us
not to us...

A close-up photograph of several macarons in a white bowl. The macarons are in shades of pink, light green, and pale blue. One pink macaron is stacked on top of a light green one, which is on top of a pale blue one. Another pink macaron is leaning against the stack. The background is softly blurred, showing more macarons and a wooden surface.

*How can I be
more supportive?*

A group of five diverse children (three boys and two girls) are smiling and posing in a colorful, abstract background with geometric shapes and a warm color palette of oranges, yellows, and blues. The children are dressed in casual clothing like sweaters, jackets, and pants. The overall mood is joyful and energetic.

When you're watching your Session
Smile
just smile naturally now

Kids' Minds: 11-14 years old by Kim Serwint



What has
gone well?

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake with ducks, a forested hillside, and distant mountains under a clear sky.

Make sure
you do
something
caring
today



*Show
support!*

Today
Tell someone how much
you appreciate them



What if
this is
Heaven?





How can I show
myself & others
kindness?

A close-up photograph of several macarons in a white bowl. One light green macaron is leaning against a stack of three macarons: a pink one on top, a light blue one in the middle, and a light green one at the bottom. The background is softly blurred, showing more macarons in the bowl.

*How can I be
more caring?*



Smile

**allow the action to
drive the reaction**

An open book with a glowing heart above it. The background is a soft pink gradient with a white heart shape in the center. The book's pages are visible at the bottom, and a red ribbon is tied around the spine.

Thank you
so much!

A woman with her hair in a braid is sitting in a meditative lotus position on a grey mat on a wooden pier. She is wearing a white tank top and dark patterned leggings. Her hands are resting on her knees in a mudra. The background features a calm lake, a forested hillside, and distant mountains under a clear sky.

You can
have, be,
and do
anything
you want



*Life is occurring
for me!*



What can I do today
to show
someone I care?

A close-up photograph of several people's hands stacked together in a circle, symbolizing unity and inspiration. The hands are of various skin tones. One person on the left wears a colorful beaded bracelet. Another person on the right wears a silver chain bracelet. The background is a blurred outdoor setting with green foliage.

What has
inspired you
this week?