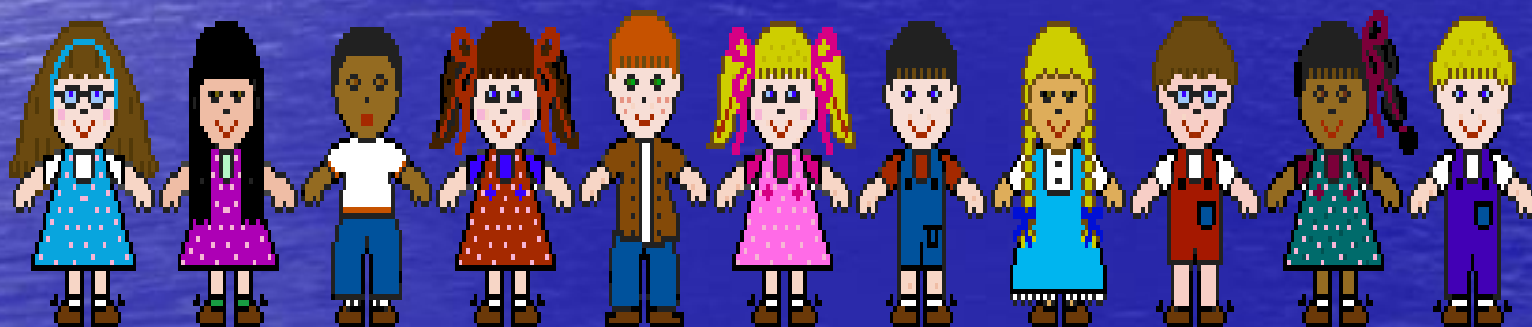




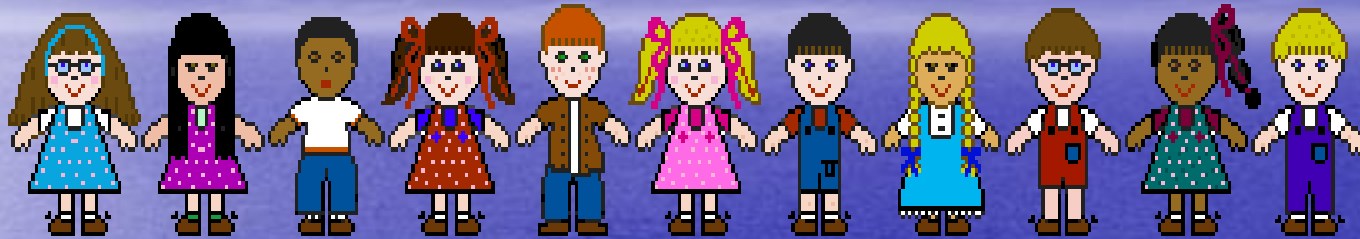
To be the best we can be.



Presented by Crystal, Sharnteiye and Aneya



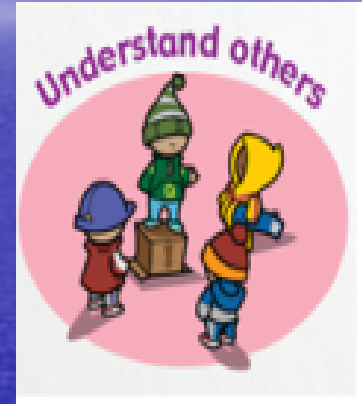
We are different from each other, but we also have similarities



- People come in different sizes, shapes and colours
- We all have hopes and dreams
- We all have feelings and emotions



Today we want to talk to you
about ...

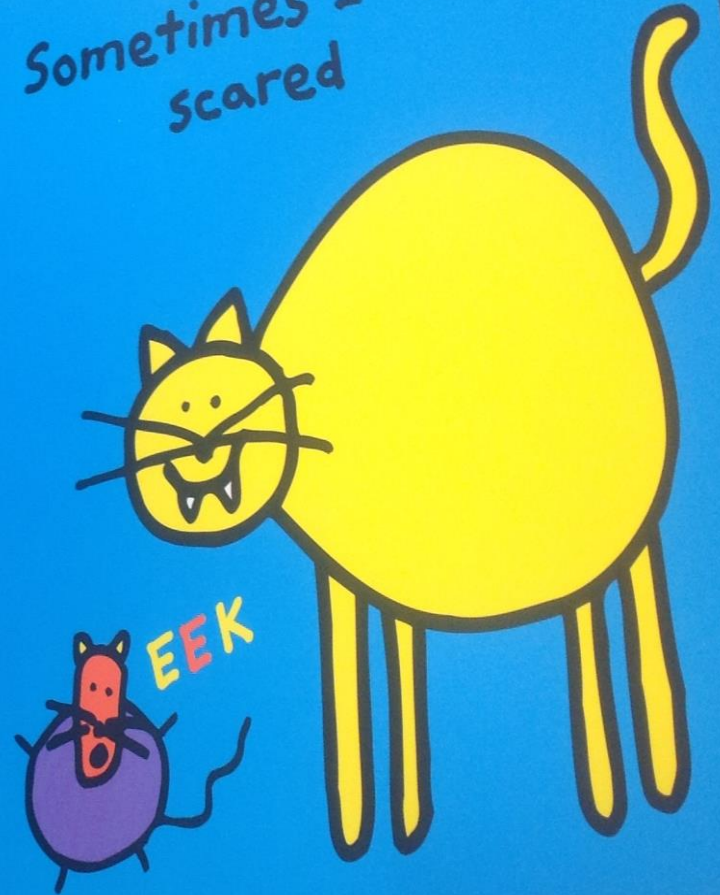


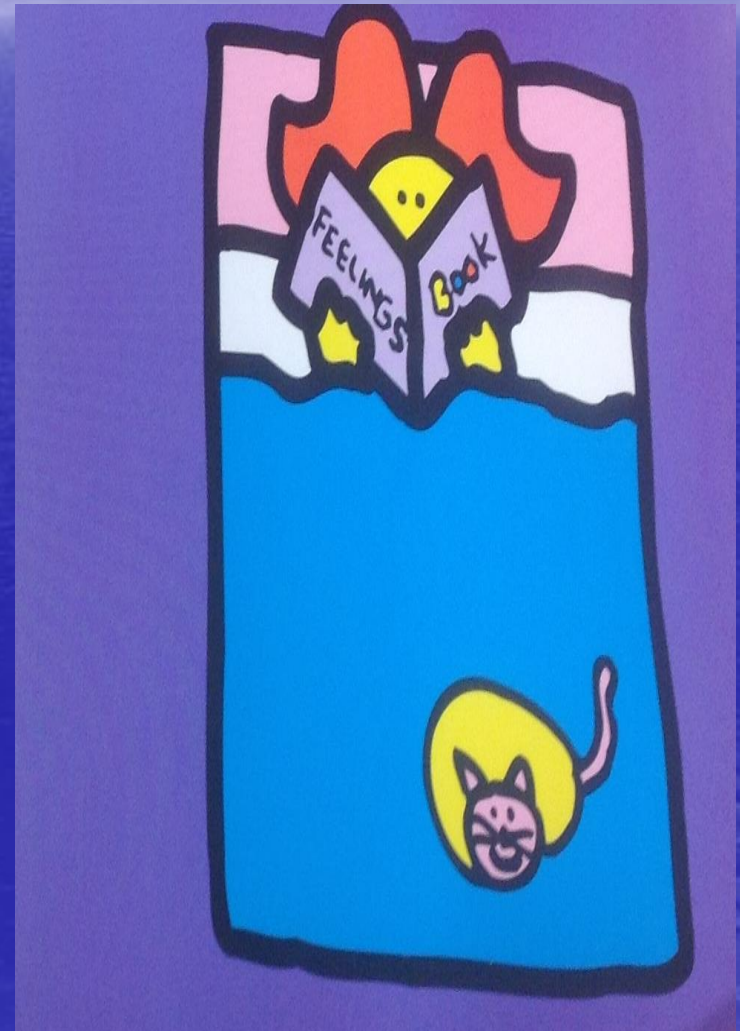
Feelings

Sometimes I feel silly

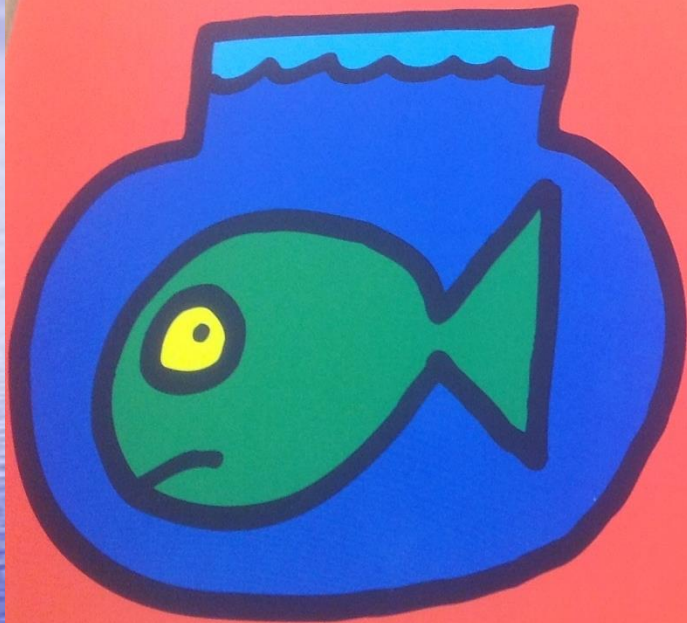


Sometimes I feel
scared





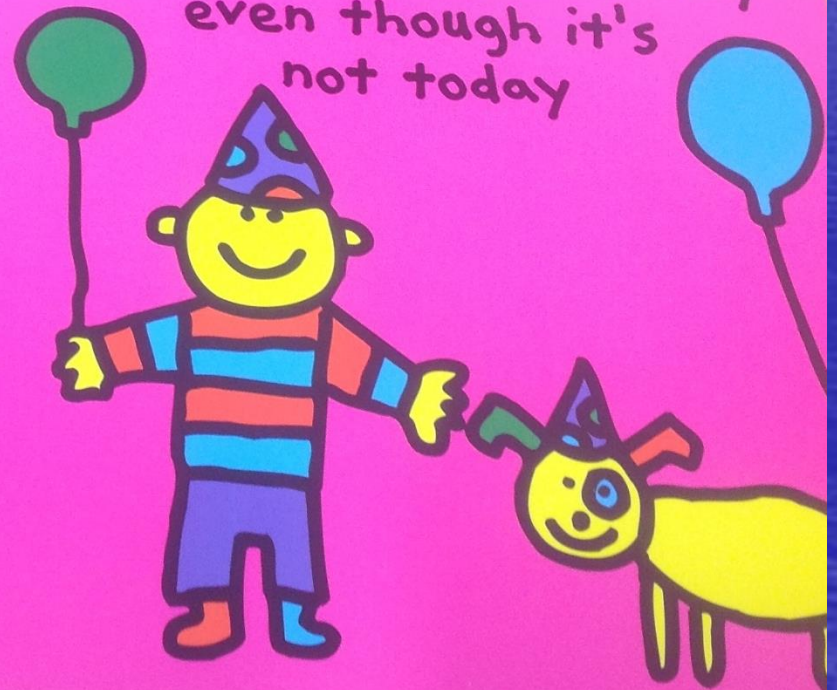
Sometimes I feel
lonely



Imagine



Sometimes I feel like
celebrating my birthday
even though it's
not today



Understand others



Sometimes I feel
brave

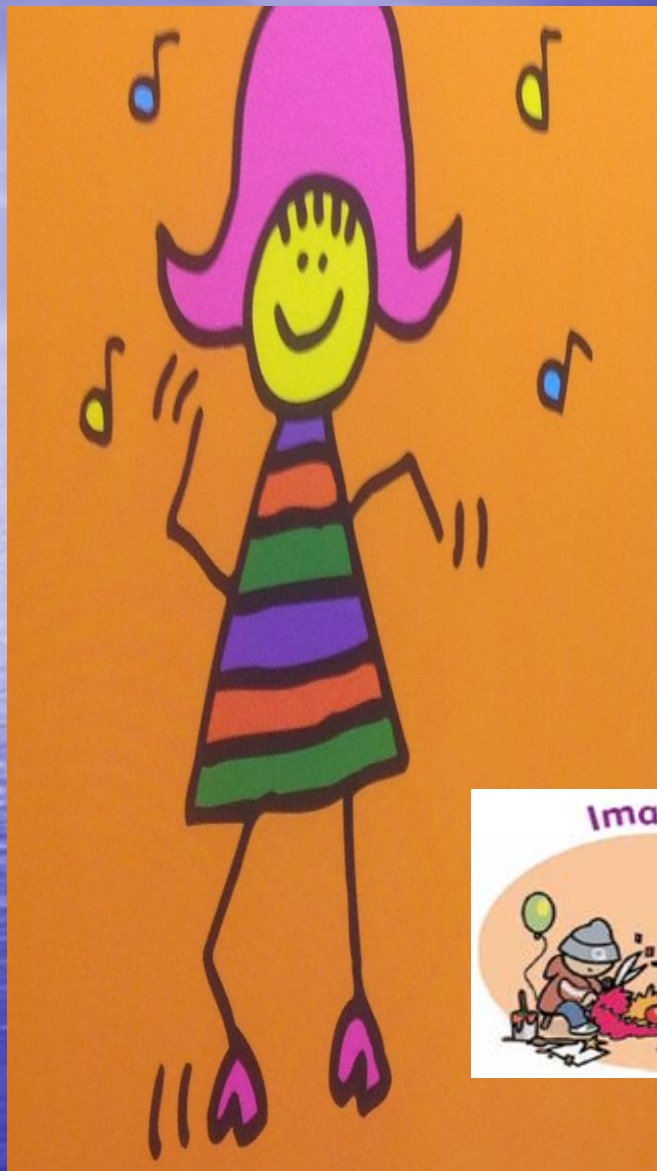


Understand others



Imagine













It is ok to feel happy.
It is ok to feel sad.
It is ok to feel angry.
It is ok not to feel ok
but..



our message to you is no matter how
you feel don't keep feelings to
yourself - share them with someone
you know.