

# Things To Remember This Summer & Always

Mrs. Williams Cares About You & Hopes You Will Remember...



## You are special!

You are unique - which means different in a special and wonderful way. You have your own talents, strengths, goals, journey, and personality and that makes you awesome! You can do something special with your life, because no one is just like you!



## You are strong!

Hard things sometimes happen in life. We cannot control all of the things that happen to us or around us, but we can use our strength to choose how we respond to what happens in our life. You can use the calming skills you learned to calm down, think, & choose how to respond.



## You have power!

You always have the power of choice! You make lots of choices everyday and you get to choose if you will make good and healthy choices for yourself or not. I hope that you will try to make good choices that are good for you and help you to learn and succeed.



## You are learning!

You are learning new things everyday. Remember that you are not perfect; no one is perfect. You will make mistakes and poor choices sometimes, but remember that you can grow from those things and do better next time. Keep choosing to grow! Never give up!



## You are important!

You are so loved! You are never alone. We all need help at times, & there is always someone that can help us. If you ever feel unsafe tell a trusted adult right away or call/text SAFE2TELL at 1-877-542-7233. There is always someone who can help!

