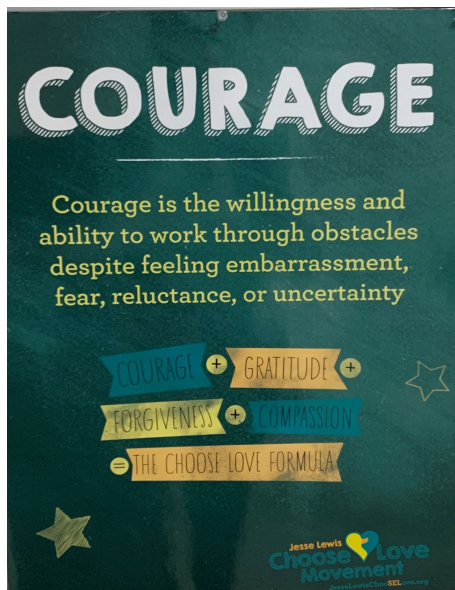




“There are always flowers for those who want to see them.”

- Henri Matisse

[Be Grateful & Discover Positivity in Your Life by Scarlett Lewis](#)



Choosing Love from Stephanie DeLucia and Dana Mutch Students are beginning the next unit of the Choose Love program, *Courage*. Courage is the willingness and ability to work through difficulties despite feelings of embarrassment, fear, reluctance, or uncertainty. When we practice *courage*, we make positive choices even when it may be difficult. It takes courage to express our feelings, tell the truth, admit mistakes, ask for forgiveness, and to be kind. One strategy students will learn to help them have *courage*

is the [Brave Breath](#). The Brave Breath helps us to calm our minds so we can focus on having *courage*.

Professional Development Corner Happier with Gretchen Rubin is a gem of a podcast and I especially enjoy the “little happier” episodes that are very short. Check out [Little Happier: A Pediatrician Shows How Well She Understands How Children Think](#). Rubin shares how her daughter’s pediatrician asked a question that showed how well she understands the way children’s minds work. Give it a try!



[How can we help you? Please use this reference guide for contacting our Central Office Team for support.](#)

Do you have a resource, quote, or article to share? Please email them to me at tbaird@hebron.k12.ct.us.