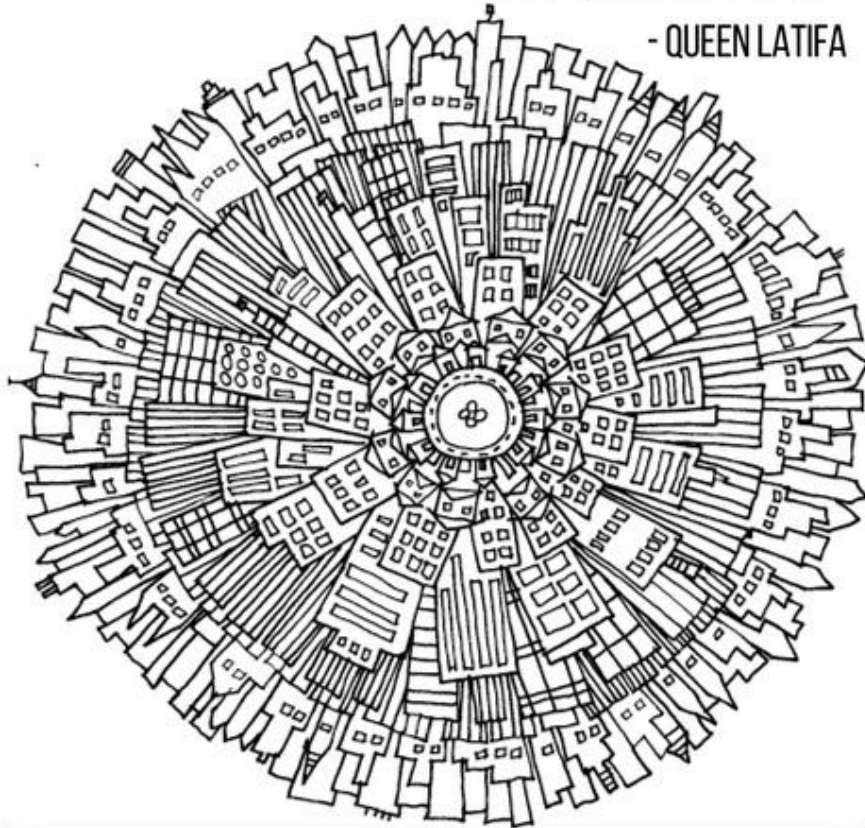


**IT'S NOT ALWAYS EASY
TO DO THE RIGHT THING.**

**BUT DOING THE RIGHT
THING MAKES YOU
STRONG, IT BUILDS
CHARACTER**

- QUEEN LATIFA



**HARDSHIPS OFTEN
PREPARE ORDINARY
PEOPLE FOR AN**



**EXTRAORDINARY
DESTINY** - C.S. Lewis

Determination

MEANS NEVER, EVER, EVER GIVING UP ON YOUR DREAMS

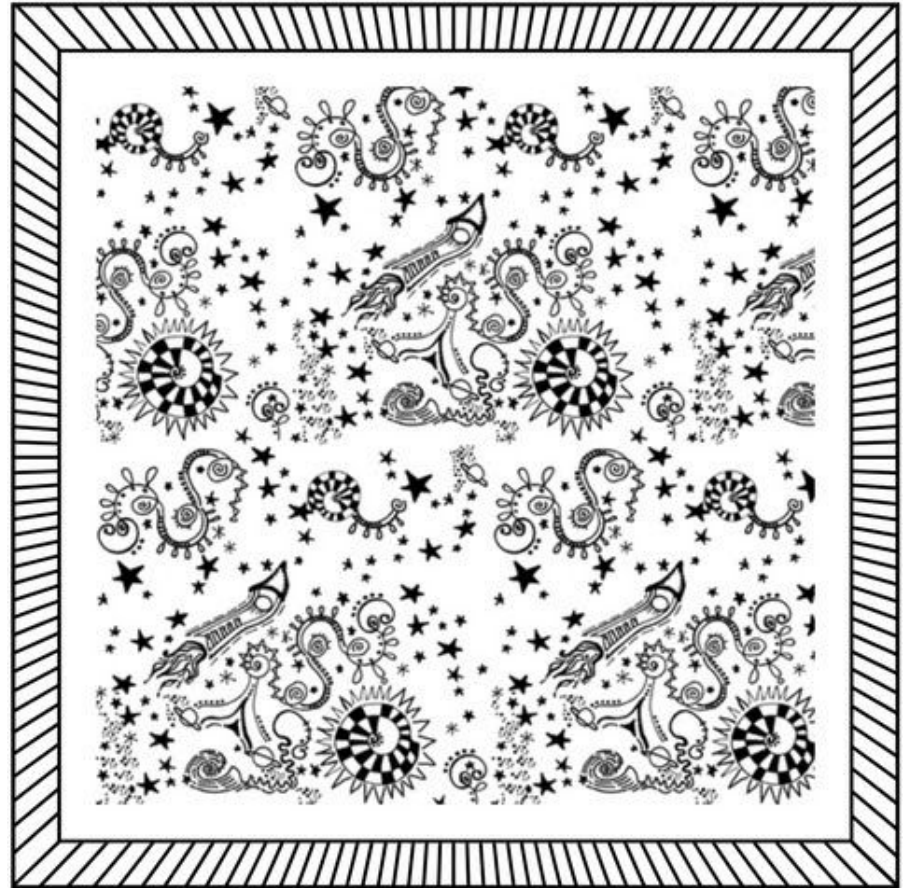
*"I Can
& I Will.
Watch me"*

- CARRIE GREEN



REMINDE YOURSELF
NOBODY'S BUILT LIKE YOU.
YOU DESIGN YOURSELF

- JAY Z



Life isn't about waiting for the
storm to pass...



It's about learning to
dance in the rain.

- Vivian Greene

all we need is



is all we need

- THE BEATLES

It's not that I'm so smart-
It's just that
I stay with
problems
longer

- Albert Einstein



IMB

creative design-art studio ©

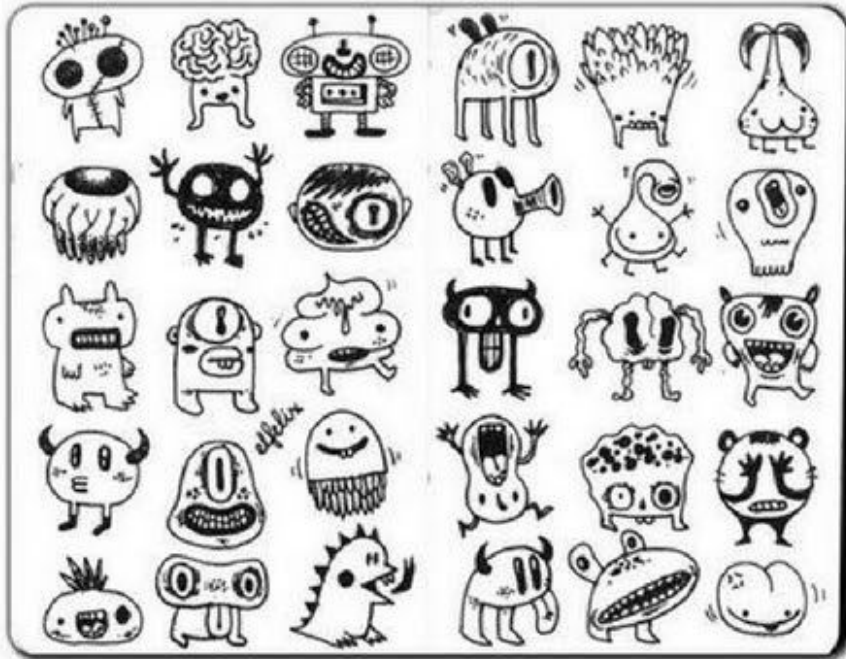
*If you're not making
mistakes, then you're not
doing anything.*



*I'm positive that a doer
makes mistakes*

-JOHN WOODEN

IT'S OKAY TO BE SCARED...



**BEING SCARED MEANS YOU'RE
ABOUT TO DO SOMETHING
REALLY, REALLY BRAVE.**

- MANDY TAYLOR

Mindful Coloring Book Marks!

Print out these bookmarks and color them in using your imagination. Focus your mind on the color and patterns that you are using. Think about the quote on the page. Breathe deeply in through your nose and out through your mouth while you color.

Congratulations! You are mindful coloring!

If you would like to share your creations, ask an adult to tweet a picture of your bookmark to @RachelDelaneySC or @JennyCox_SC