



SPECIALIZING IN
RESILIENCE, CONFIDENCE
AND MENTAL WELL-BEING

WWW.SARAWESTBROOK.COM



Sara Westbrook, motivational speaker, author, singer and creator of UPower Presentations will be at our school on: **Thursday April 27**

Using personal stories and songs Sara will share skills and activities to help your children create a mindset of Resilience, Confidence, Respect and Mental Well-Being.

HEALTHY RESILIENT MINDS MATTERS Grades 4 – 8 Students
10:45 AM – NOON

- Learn a **Choice Making Formula** giving them the skill to think and act beyond their emotions.
- Discover how to bounce back from challenging circumstances and emotions.
- Realize the importance of releasing emotions in healthy ways.
- Understand that character and choices matter.

SUPERHEROES for RESPECT JK – Grade 3 students
1:10 PM – 1:55 PM

- Learn 3 activities that will keep them on track to respecting themselves, others and their dreams.
- Celebrate their uniqueness and the uniqueness of others.
- Realize that EFFORT pays off.
- Understand the importance of asking for help.

FOR MORE INFORMATION VISIT:
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