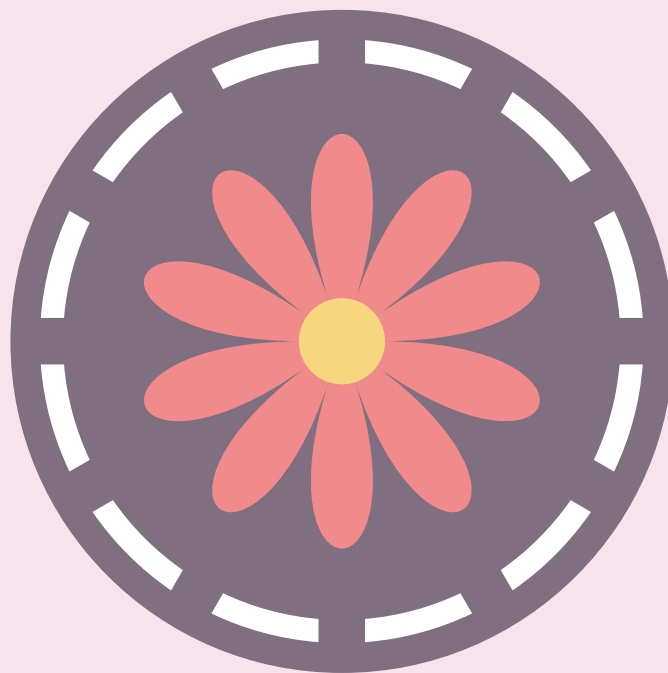


New Beginnings Flower

Goal Setting and Positive Affirmations
Color and Gray-Scale Printable
Activity



New Beginnings Flower

Instructions:

For this activity, we will be creating our own new beginnings flower.

Step 1: The Roots

As you enter into this new school year, what resources are you starting the school year with?

Label the roots with your top 3 resources.

Step 2: The Stem

Think about your goals for this school year. Within the stem, write down your own school-year goal. Not sure about the whole year? Start small with the first quarter.

Step 3: The Petals

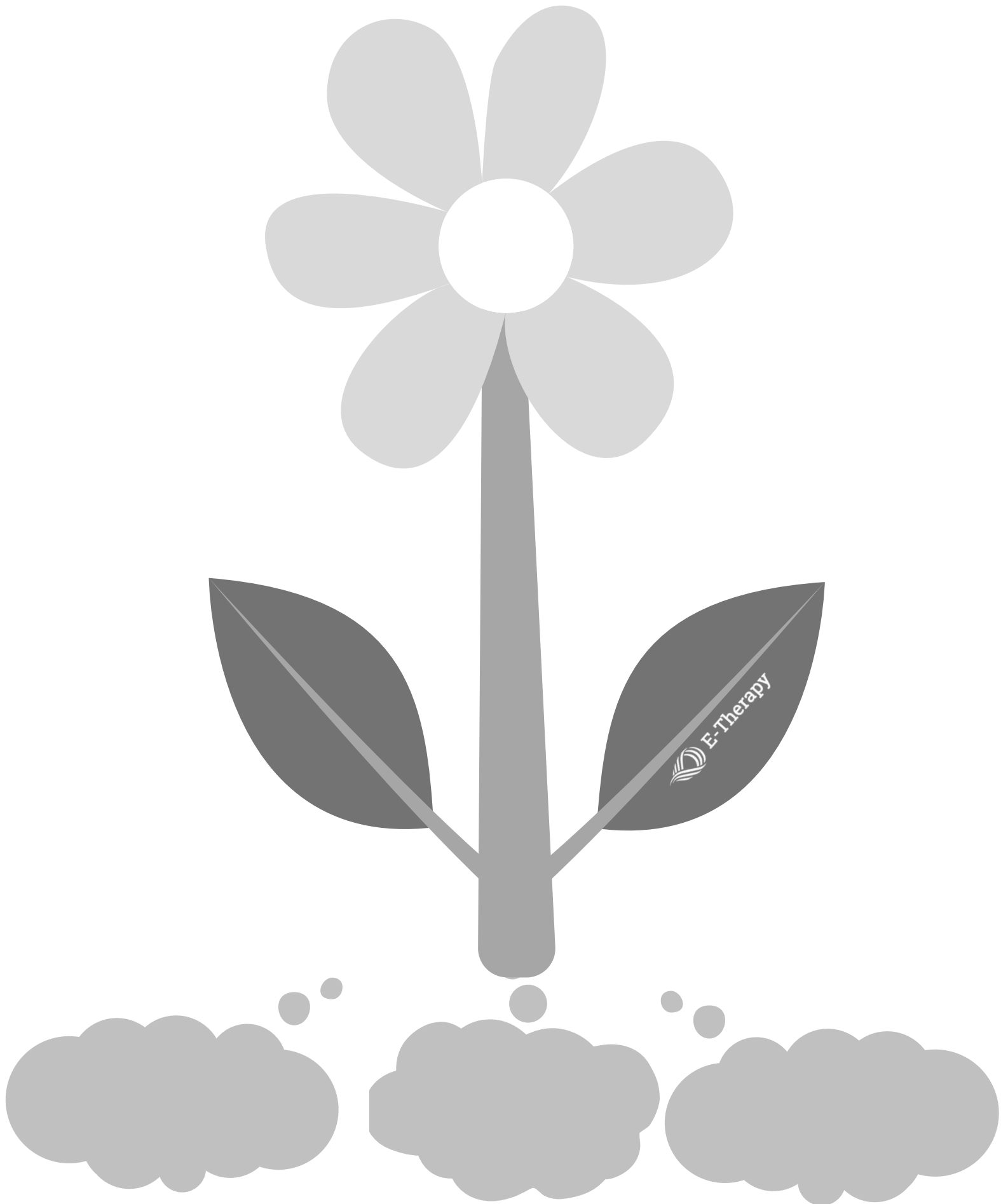
Use your flower petals to write down positive affirmations for yourself to remember this year. A positive affirmation is a positive statement about yourself.



New Beginnings Flower



New Beginnings Flower



New Beginnings Flower



I'm **OWLbert**, your friendly guide from E-Therapy, the therapy experts. I hope you enjoy this activity! For more information about our online therapy services and to explore a wealth of activities and resources, be sure to visit our blog, **Empower**.

E- Therapy is dedication to supporting your onsite and virtual needs.
We're here to help you soar!

Click here to discover all our resources and take your therapy sessions to the next level!

Warmly,
OWLbert

