My Safe Place

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All proceeds donated to charity
When the world moves fast and my mind can’t keep up, it makes me really wonder if I’ve had enough.

Thinking hard about life — good things, bad things and moments full of strife.

When my heart aches or if I’m SCARED, I tune in to my soul so I’m fully AWARE of the reason these moments happen, so I can start to manage my reaction. I remind myself to stay intact — that I’m smart, bold and brave — that’s a fact. How I’m loved, thankful and focused on the FUTURE. That I’m strong, gifted and blessed, with a cool sense of humor.
Because I bring the HEAT that sets a candle ABLAZE

I'm here to STUPEFY and AMAZE, every single day, ALWAYS

That I've found my SAFE PLACE as I set the pace
to FINISH and WIN life's every race.
Cut out a few sprinkle shapes and re-write some positive words and have a sweet time decorating your cake with positive word sprinkles! After you have finished decorating, then discuss why you chose certain words for your cake.

The words I used:

Why I used these words:

Trace this circle with your finger and find six items in the room that are the same shape.

Trace this triangle with your finger four times and find four items in the room that are the same shape.

Trace this square with your finger four times and find four items in the room that are the same shape.

Trace this rectangle with your finger and find four items in the room that are the same shape.

Trace this star with your finger five times and say out loud five items that shine bright like a star.