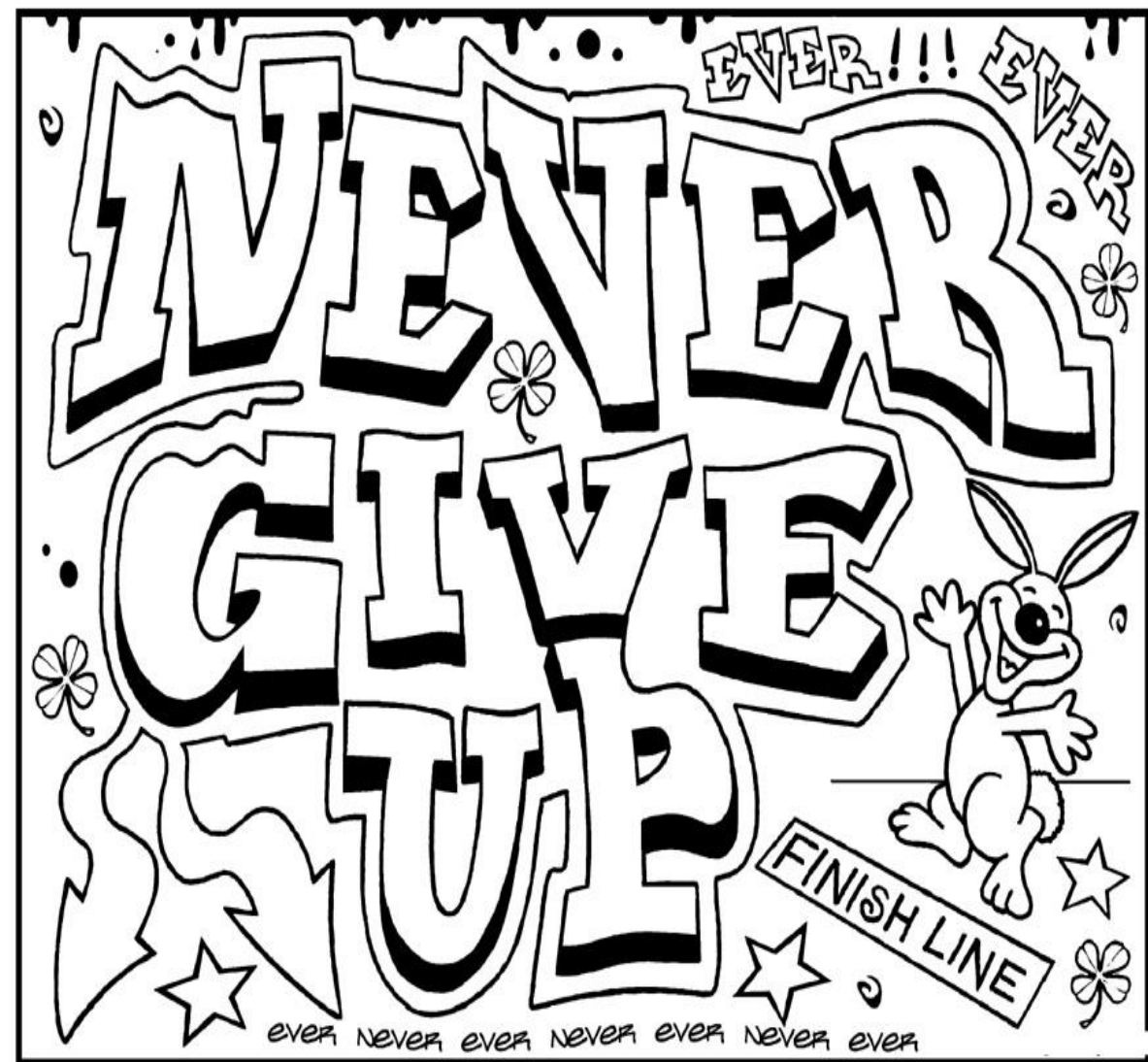




*Yes, I can !
Motivation in the classroom*

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I am
full of energy
and enthusiasm

I make
positive
healthy choices

Your mind is incredibly powerful....you can wind yourself up by thinking negative thoughts....and you can pick yourself up by thinking positive thoughts.....



YOU CHOSE




EVERYTHING STARTS IN YOUR HEAD
STOP MAKING EXCUSES
JUST DO IT

I have a **GROWTH MINDSET!**



Music
Strengthens
Connections
in the Brain

An illustration of a pink brain with a face, wearing a headband and lifting a barbell with two weights. The brain is standing on two small legs.

The **BRAIN** is like a Muscle

An illustration of a pink brain with a face, wearing a headband and lifting a barbell with two weights. The brain is standing on two small legs.

Your brain gets **STRONGER** when you embrace challenges!

FAIL
[F] **F**IRST
[A] **A**TTEMPT
[I] **I**N
[L] **L**EARNING

Music teaches me that it's okay to make mistakes.


A cartoon illustration of a grey owl with large white eyes and a pink beak, looking to the left.

Music pushes me past my limits to show how far I can go.

A cartoon illustration of a red owl with large white eyes and a pink beak, looking forward.

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

The Power of Yet



I can't do this.... *yet*

I don't get it.... *yet*

I don't know.... *yet*

This doesn't work.... *yet*

It doesn't make sense.... *yet*

I'm not good at this.... *yet*



I am not **AFRAID** of
a **CHALLENGE!**

Your Best

If you always try your best
Then you'll never have to wonder
About what you could have done
If you'd summoned all your thunder.

And if your best
Was not as good
As you hoped it would be,
You still could say,
"I gave today
All that I had in me."