




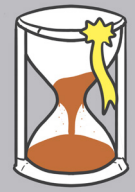
















EMOTIONAL ADVENT CALENDAR

TO FOMENT POSITIVE ACTIONS WHILST WAITING FOR CHRISTMAS

24 days, 24 actions #Emotional Advent

 <p>1</p> <p>TODAY, I WILL GIVE 6 SECOND HUGS TO EVERYONE.</p>	 <p>2</p> <p>TODAY, I WILL LOOK PEOPLE IN THE EYE WHILE TALKING TO THEM.</p>	 <p>3</p> <p>TODAY, I WILL CARE ABOUT BEING A GOOD CLASSMATE.</p>	 <p>4</p> <p>TODAY, I WILL BE GENEROUS TO THE PEOPLE THAT I DEAL WITH.</p>	 <p>5</p> <p>TODAY, I WILL WRITE A NOTE TO SOMEONE SAYING FIVE GOOD THINGS ABOUT THEM.</p>	 <p>6</p> <p>TODAY, IS THE DAY OF HONESTY . NO EXCUSES, NO LYING!</p>
 <p>7</p> <p>TODAY, I WILL STAY ALERT FOR ANYTHING HAPPENING.</p>	 <p>8</p> <p>TODAY, I WILL GIVE A BIT OF MY SPARE TIME TO A BELOVED PERSON.</p>	 <p>9</p> <p>TODAY, I WILL AVOID TO COMPLAIN AND ASSUME THE RESPONSIBILITY.</p>	 <p>10</p> <p>TODAY, I BREATHE DEEPLY IF I FEEL NERVOUS.</p>	 <p>11</p> <p>TODAY, I WILL ASK A QUESTION IN CLASS, SO THAT I UNDERSTAND THE SUBJECT BETTER.</p>	 <p>12</p> <p>RECYCLE EVERYTHING!</p>
 <p>13</p> <p>TODAY, I WILL TALK ABOUT MY GREATEST FEAR TO SOMEONE.</p>	 <p>14</p> <p>TODAY, I WILL WRITE ABOUT THE THINGS THAT FRUSTRATE ME.</p>	 <p>15</p> <p>TODAY, I AM A JEDI, I CONTROL MY PULSES BY BREATHING . I CONTROL!</p>	 <p>16</p> <p>TODAY, I WILL SAY 'I LOVE YOU ' TO MY BELOVED ONES.</p>	 <p>17</p> <p>TODAY, I WILL BE VERY FOCUSED IN CLASS .</p>	 <p>18</p> <p>TODAY, I WILL HELP SOMEONE WHO NEEDS ME.</p>
 <p>19</p> <p>TODAY, WE BREATHE DURING 5 MINUTES , IN CLASS, BEFORE STARTING AND AT HOME, BEFORE BED.</p>	 <p>20</p> <p>TODAY, I WILL DANCE, DURING BREAKTIME.</p>	 <p>21</p> <p>TODAY, I WILL COOK TOGETHER AND HAVE DINNER WITHOUT SCREENS.</p>	 <p>22</p> <p>TODAY, I WILL GIVE A GOOD WISH TO A BELOVED PERSON.</p>	 <p>23</p> <p>TODAY, I WILL WRITE 5 POSITIVE THINGS ABOUT THE EMOTIONAL ADVENT CALENDAR.</p>	 <p>24</p> <p>Coaching for Young Heroes</p> <p>CHOOSE ONE OF THE 23 POSITIVE ACTIONS AND REPEAT THEM DURING 2020, TO BECOME AN EXPERT.</p>