

LET'S EXPLORE YOUR UNIQUENESS BY NOTICING WHAT TYPE OF FEELINGS COME UP - POSITIVE, NEGATIVE OR NEUTRAL - IN DIFFERENT SCENARIOS.
THERE ARE NO RIGHT OR WRONG ANSWERS. THIS IS ALL WHAT MAKES YOU UNIQUE!

IMAGINE YOURSELF IN A ROOM WITH LOTS OF PEOPLE AND LOUD SOUNDS. HOW DO YOU FEEL?

I DON'T LIKE IT.

I DON'T HAVE A STRONG FEELING.

I LIKE IT.

IMAGINE THAT YOU ARE IN A SMALL SPACE BY YOURSELF THAT IS VERY QUIET. HOW DO YOU FEEL?

I DON'T LIKE IT.

I DON'T HAVE A STRONG FEELING.

I LIKE IT.

IMAGINE IT'S A VERY HOT SUMMER DAY AND YOU GO OUT TO RECESS. HOW DO YOU FEEL?

I DON'T LIKE IT.

I DON'T HAVE A STRONG FEELING.

I LIKE IT.

IMAGINE YOU ARE EATING A FRESH APPLE PICKED RIGHT OFF THE TREE. HOW DO YOU FEEL?

I DON'T LIKE IT.

I DON'T HAVE A STRONG FEELING.

I LIKE IT.

IMAGINE YOU ARE PLAYING AT HOME AND YOU CAN SMELL DINNER ON THE STOVE. HOW DO YOU FEEL?

I DON'T LIKE IT.

I DON'T HAVE A STRONG FEELING.

I LIKE IT.

IMAGINE YOU ARE SITTING RIGHT IN FRONT OF A WATERFALL. HOW DO YOU FEEL?

I DON'T LIKE IT.

I DON'T HAVE A STRONG FEELING.

I LIKE IT.

"I AM UNIQUE.."

TAKE A MOMENT TO DRAW WHAT YOU'D LIKE LIFE TO BE LIKE IF YOU WERE A TREE.

WOULD YOU HAVE LEAVES OR BARE BRANCHES? ARE YOU A SEASONAL TREE OR AN EVERGREEN? WHAT SEASON IS IT? WHAT'S THE WEATHER LIKE? WOULD YOU GROW IN A FOREST AMONG OTHER TREES OR IN A PLACE BY YOURSELF? IS THERE A LOT OF NOISE AROUND LIKE KIDS PLAYING OR CARS DRIVING BY? DO YOU PREFER SHADE OR BRIGHT LIGHT?

"I AM UNIQUE."

TAKE A MOMENT TO WRITE WHAT YOU'D LIKE LIFE TO BE LIKE IF YOU WERE A TREE.

WOULD YOU HAVE LEAVES OR BARE BRANCHES? ARE YOU A SEASONAL TREE OR AN EVERGREEN? WHAT SEASON IS IT? WHAT'S THE WEATHER LIKE? WOULD YOU GROW IN A FOREST AMONG OTHER TREES OR IN A PLACE BY YOURSELF? IS THERE A LOT OF NOISE AROUND LIKE KIDS PLAYING OR CARS DRIVING BY? DO YOU PREFER SHADE OR BRIGHT LIGHT?

"I AM UNIQUE.."