

# FLYING TALL

There are many ways to be strong and we all have our own definition of what it means to us. Take a moment to think about all the ways you are strong. How do you get through difficult times? When you get scared, what do you do to relax and stay calm? When you have questions, who or where do you go to for answers? Using images, shapes, symbols, colors, and words, fill in your flag with all the different ways that you are strong. This strength shows resilience and helps you get through more challenging times like these in the future. There is no right or wrong way to create. When you are done, take a look at all the ways that you fly tall.

