



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



RECOGNITION TWO: LETTER TO A 5TH GRADER

Dear Ian,

As I promised yesterday, today I will be visualizing you having a positive day which will include you feeling peaceful and good inside, feeling proud about yourself because you're telling adults what you need to help you stay on track, feeling happy about yourself because you've made a positive choice, and feeling really good deep down because you're caring about and helping other students.

All of these examples are the Ian I saw when I first met you in the office yesterday – peaceful, kind, caring and helpful. You also agreed that you would visualize positive things for yourself today, so I'm hoping you will follow through on that.

If I were with you now, my question would be: What positive picture of yourself will you hold in your mind today? Know that "If you will see it you can believe it, and if you will believe it, you can achieve it." Remember also that I, along with Mr. L (the principal) and many other people BELIEVE in you, and know you can (and will) make a positive difference at your school and in your own life.

Have a great day!

Coach Jackie