

# INSPIRATION STATION

WE WANT TO CREATE A MURAL OF POSITIVITY IN THE NEXT STEPS GARDEN AND WE WANT YOU TO CONTRIBUTE!

## Dream

WRITE AN INSPIRATIONAL QUOTE

Do you have some wisdom to pass on?

Some advice that you would love to share?

Write a short phrase that could help inspire and empower other students to feel good about themselves if they're feeling down!

We will paint your quote in your own handwriting or favourite font.

**You  
GOT  
This**

**To submit your work:**

**Pop it on a postcard (or paper 148mm x 105/ A6)**

**give it to your Tutor or Mentor They'll take a picture of your work & email us**



DRAW A POSITIVE SYMBOL

What is something that always makes you smile?

Draw a symbol that can remind other students of something that could help them feel happy, calm and part of a community like you are at Next Steps!

We will paint it exactly the way you draw it.

