



ACTIVITY

Art is a great way to express yourself because it is as unique as you are!

With this activity, you'll have a chance to try something new and to also give some consideration to what characteristics you truly value in yourself or others.

Watch the following video, an excerpt from ART FOR KIDS HUB - https://youtu.be/Ak3Axl_L7io and practice using some of the tips to write your name. Next, with those newly acquired lettering skills, create a poster with one of the following inspirational words.

<i>action</i>	<i>goals</i>	<i>passion</i>
<i>ambition</i>	<i>gratitude</i>	<i>patience</i>
<i>balance</i>	<i>honesty*</i>	<i>perseverance</i>
<i>believe</i>	<i>hope</i>	<i>practice</i>
<i>bold</i>	<i>humility*</i>	<i>prioritize</i>
<i>clarity</i>	<i>imagine</i>	<i>respect*</i>
<i>challenge</i>	<i>improve</i>	<i>self-care</i>
<i>community</i>	<i>inspiration</i>	<i>self-control</i>
<i>confidence</i>	<i>joy</i>	<i>skill</i>
<i>courage*</i>	<i>kindness</i>	<i>smile</i>
<i>curiosity</i>	<i>knowledge</i>	<i>think</i>
<i>determination</i>	<i>listen</i>	<i>truth*</i>
<i>drive</i>	<i>love*</i>	<i>trust</i>
<i>envision</i>	<i>mindfulness</i>	<i>understand</i>
<i>excellence</i>	<i>nurture</i>	<i>value</i>
<i>focus</i>	<i>opportunity</i>	<i>wellness</i>
<i>forgive</i>	<i>originality</i>	<i>wisdom*</i>

Other ideas and variations for your consideration:

- Choose a word that relates to a personal goal they may have.
- Create a poster for a loved one or have a name exchange within the classroom community, choosing a word that connects with that person.
- Consider highlighting words related to the Project 11 lesson themes that have meant something to you
- Explore the Seven Teachings a bit by focusing on those words (* above) and listening to the related read aloud stories available on our RESOURCE page - Resources - Project 11 : Project 11 (projecteleven.ca)!
- If you'd like to go a step further, find a quote that speaks to you, print it in a font you love and add it to a corner or to the back of your poster! We've provided a few possibilities below for you to consider.





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Examples of inspirational quotes:

1. *"The man who does not read books has no advantage over the one who cannot read them."*
— Mark Twain
2. *"The beautiful thing about learning is that no one can take it away from you."*
— B.B. King
3. *"Education is the most powerful weapon you can use to change the world."*
— B.B. King
4. *"The mind is not a vessel to be filled but a fire to be ignited."*
— Plutarch
5. *"Don't let what you cannot do interfere with what you can do."*
— John Wooden
6. *"A person who never made a mistake never tried anything new."*
— Albert Einstein
7. *"Learning is never done without errors and defeat."*
— Vladimir Lenin
8. *"Never let the fear of striking out stop you from playing the game."*
— Babe Ruth
9. *"Procrastination makes easy things hard and hard things harder."*
— Mason Cooley
10. *"You don't have to be great to start, but you have to start to be great."*
— Zig Ziglar
11. *"The expert in anything was once a beginner."*
— Helen Hayes
12. *"The way to get started is to quit talking and begin doing."*
— Walt Disney
13. *"There are no shortcuts to any place worth going."*
— Beverly Sills
14. *"I think it's possible for ordinary people to choose to be extraordinary."*
— Elon Musk
15. *"I find that the harder I work, the more luck I seem to have."*
— Thomas Jefferson
16. *"Motivation is what gets you started. Habit is what keeps you going."*
— Jim Ryun





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17. *"Success is the sum of small efforts, repeated."*
— R Collier
18. *"The best way to predict your future is to create it."*
— Abraham Lincoln
19. *"The future belongs to those who believe in the beauty of their dreams."*
— Eleanor Roosevelt
20. *"You are braver than you believe, stronger than you seem and smarter than you think."*
— A.A Milne
21. *"Learn from yesterday. Live for today. Hope for tomorrow."*
— Albert Einstein
22. *"The more that you read, the more things you will know, the more that you learn, the more places you'll go."*
— Dr. Seuss
23. *"Today a reader. Tomorrow a leader."*
— Anonymous
24. *"In a world where you can be anything, be kind."*
— Jennifer Dukes Lee
25. *"None of us is as smart as all of us."*
— Ken Blanchard
26. *"He who asks a question is a fool for five minutes; he who does not ask a question remains a fool forever."*
— Chinese Proverb
27. *"A man's mind, stretched by new ideas, may never return to its original dimensions."*
— Oliver Wendell Holmes Jr.
28. *"Start where you are. Use what you have. Do what you can."*
— Arthur Ashe

