

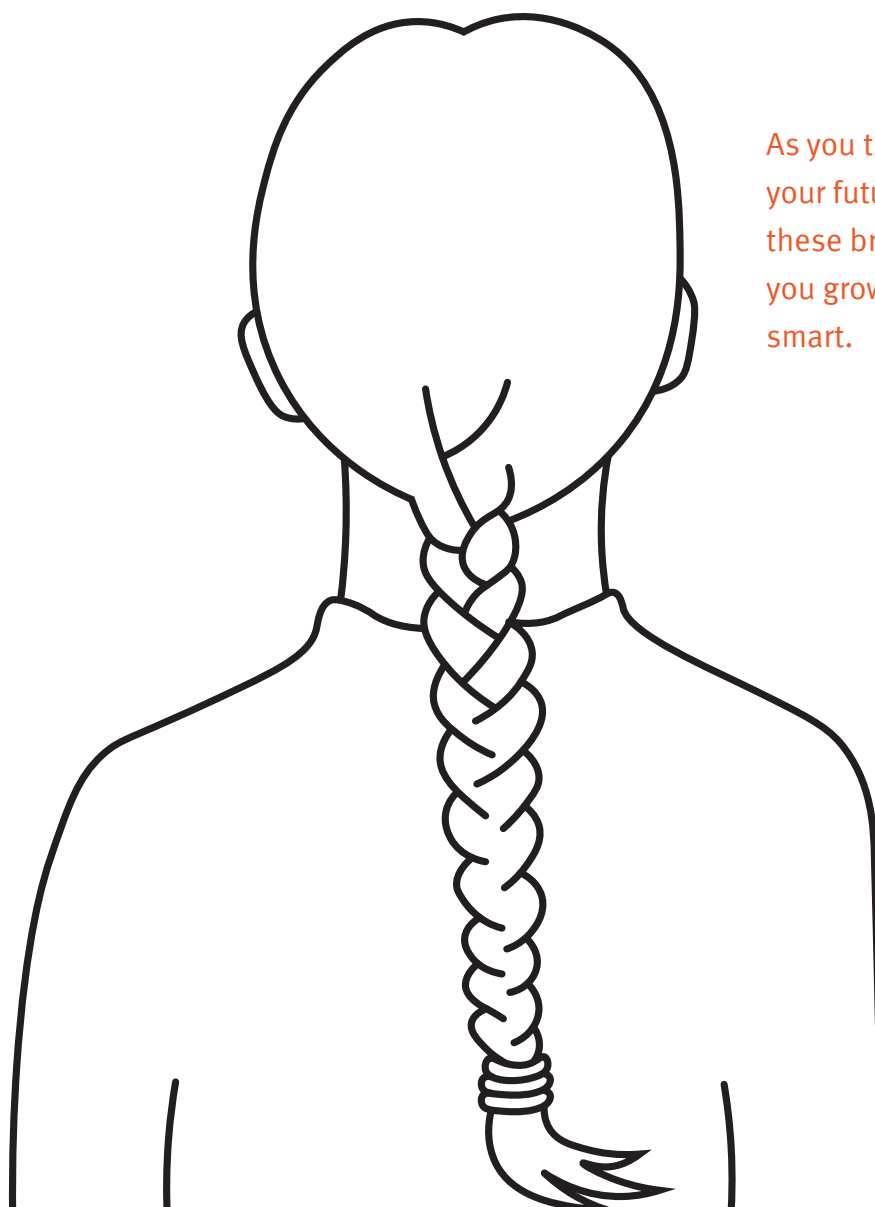
Braiding the first strand: Preparing the mind

Activity 1: Colouring my dreams

This activity will help you get creative. As you colour in the picture, reflect on your hopes and dreams.

Imagine someone is braiding your hair, and each strand of the braid represents a special part of you: your mind, body, and spirit. The first strand, for your mind, is all about preparing and planning for what's

ahead. The second strand, for your body, represents the people and things that support you, like your family and friends. The third strand, for your spirit, is your path to managing money wisely.



As you think about your future, picture these braids helping you grow strong and smart.