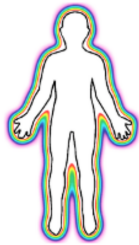
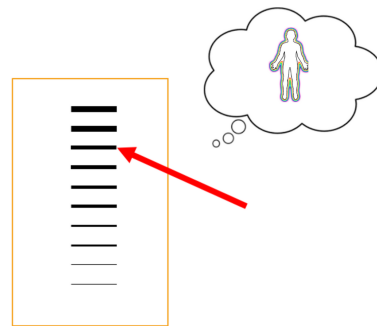


# Powerfully You Curriculum

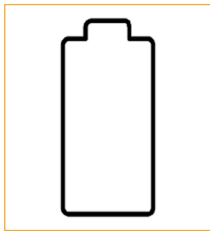
PROVIDING CHILD FRIENDLY, TRAUMA SENSITIVE COMMON LANGUAGE  
THAT EMPHASIZES THE VALUE OF INDIVIDUAL DIFFERENCES



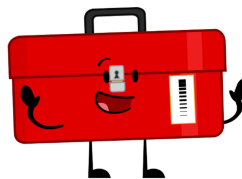
**Body Sensing**



**Activation**



**Body Battery**



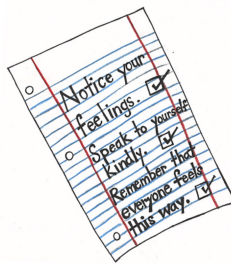
**Tools**



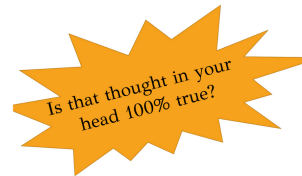
**Comfort/Discomfort**



**Connection**



**Self Compassion**



**Inquiry**

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