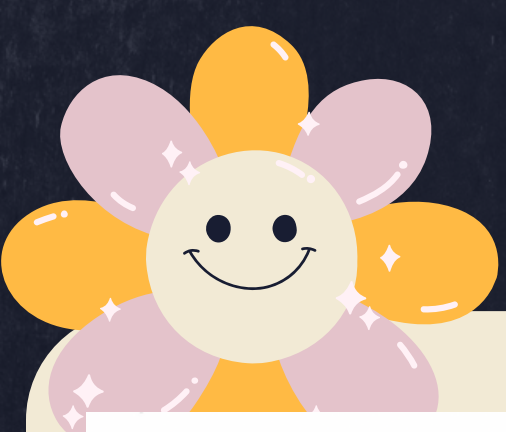


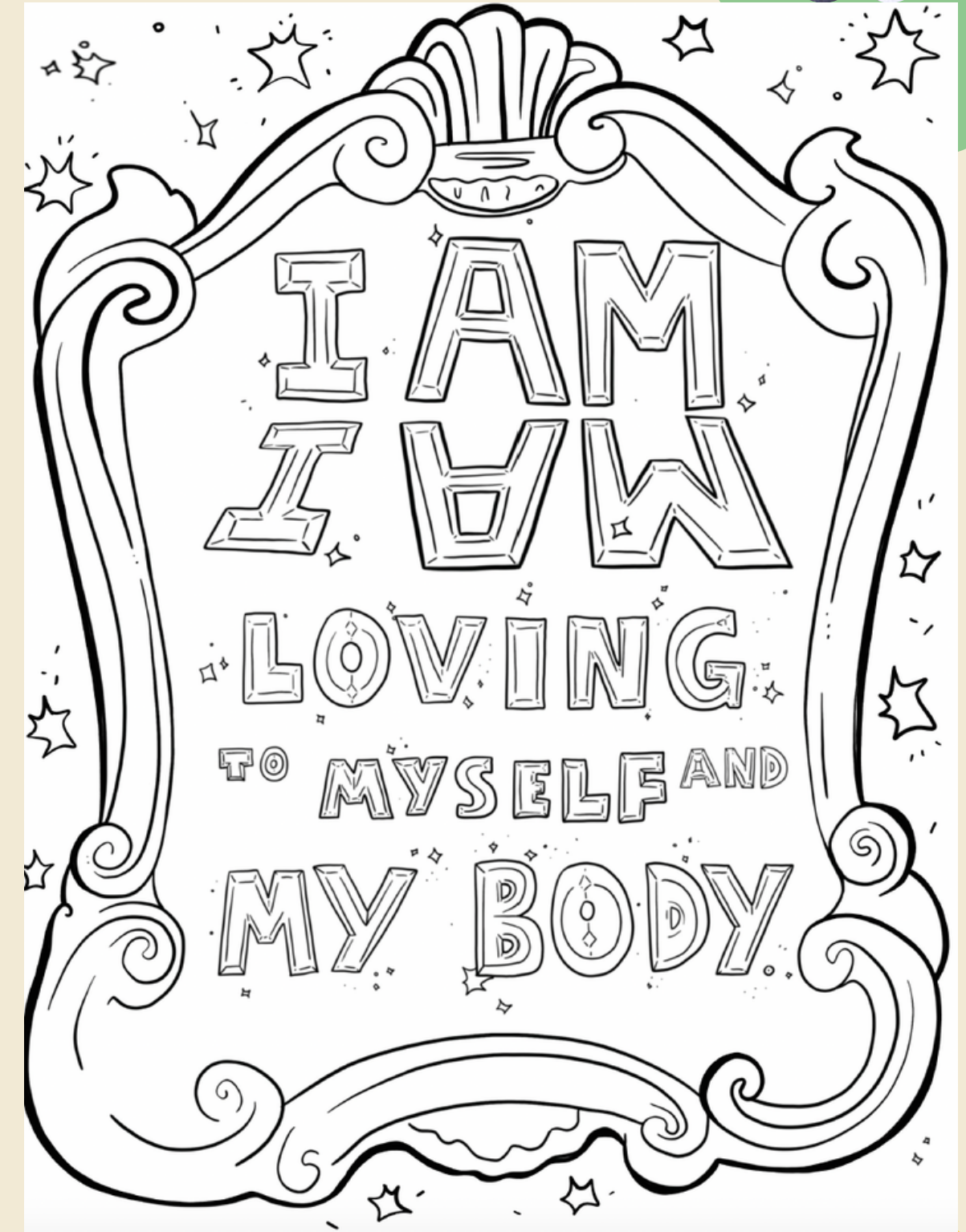
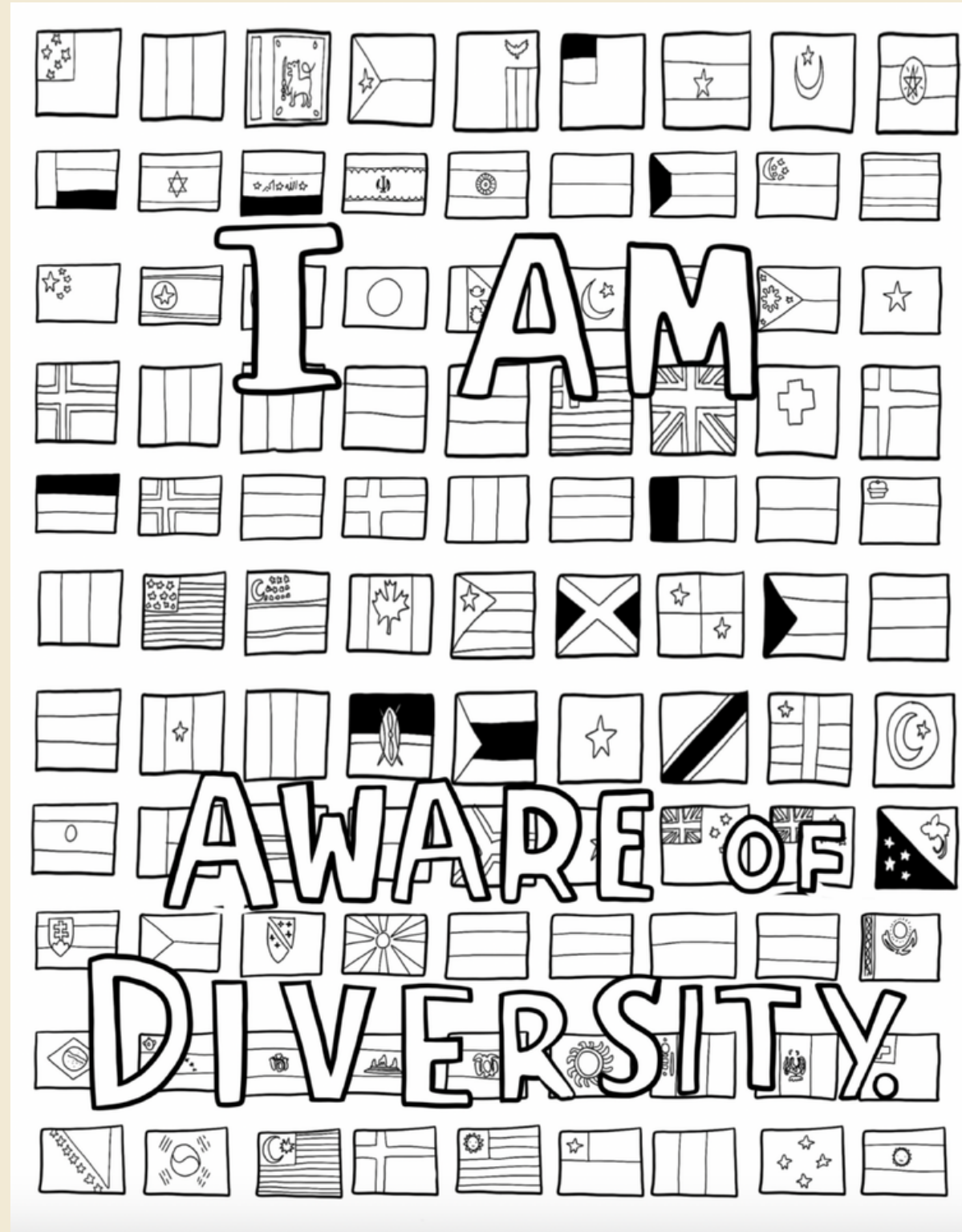
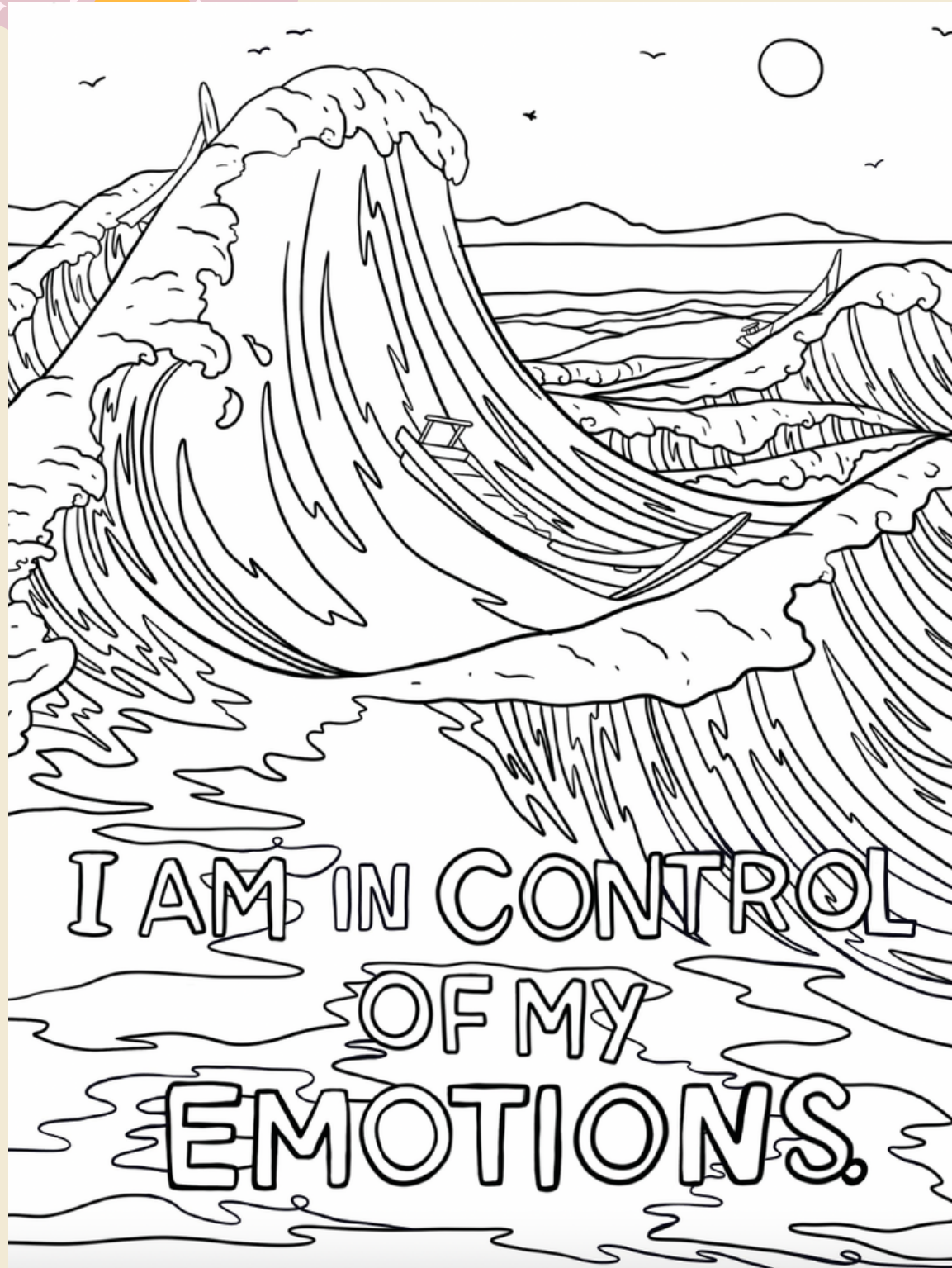
Affirmations Coloring Book

Our top-selling coloring book for all-ages uses powerful 'I AM' affirmations to help educators teach learners of their own greatness and self-worth. Each page contains a captivating illustration and empowering affirmation, with 20 engaging pages in total to choose from. This Social Emotional Learning (SEL) resource helps to boost self confidence, release hyperactivity & anxiety and show the youth the power and limitlessness that lives within them all!

Book is sized 8.5" x 11"



Let's take a look inside!



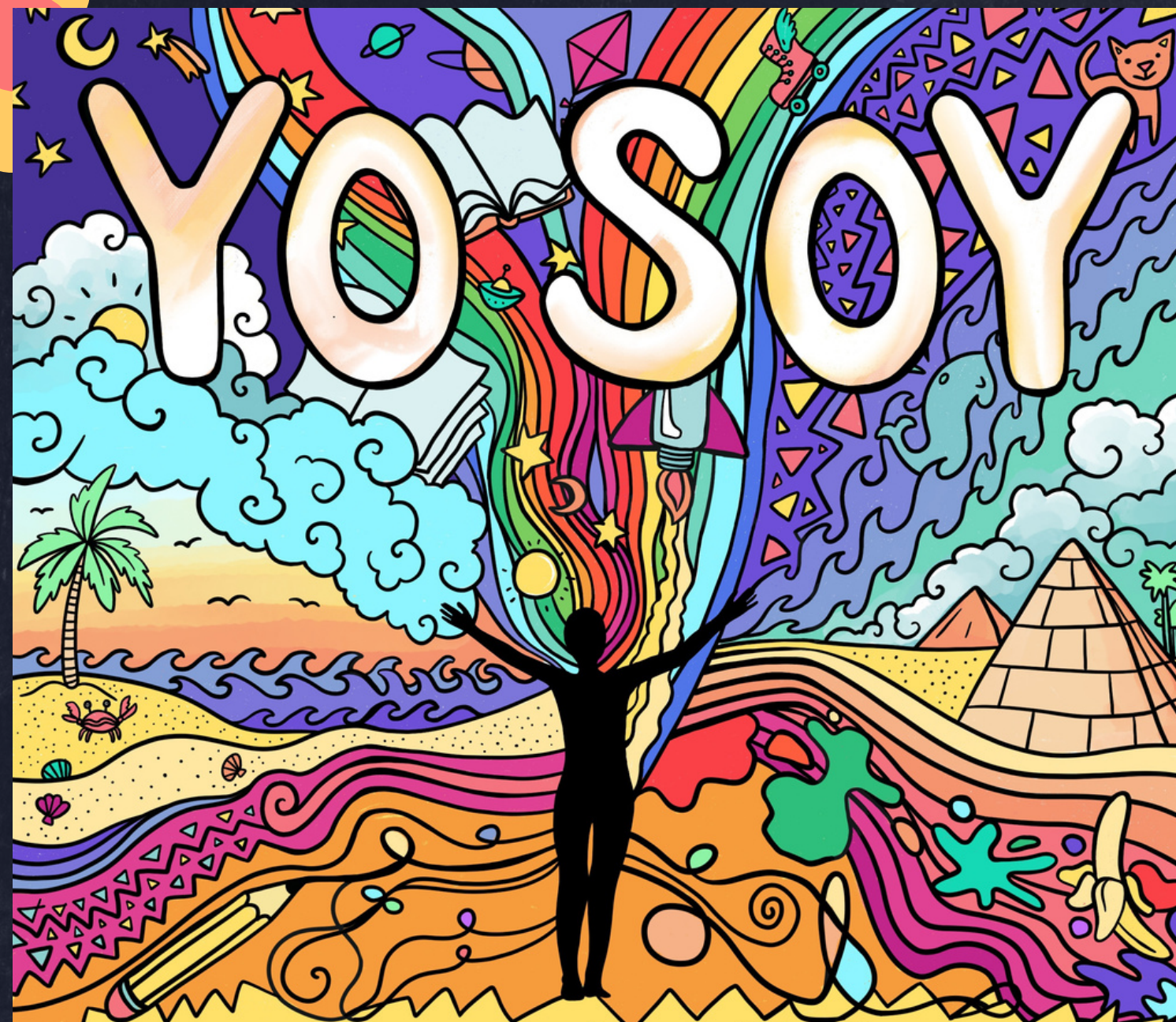
Write who you are:

I AM...

Personalized Affirmation Pages

The blank pages at the end of the book provide the learner with the opportunity to set their personal focus and intention by creating and declaring their own affirmations!





AFIRMACIONES

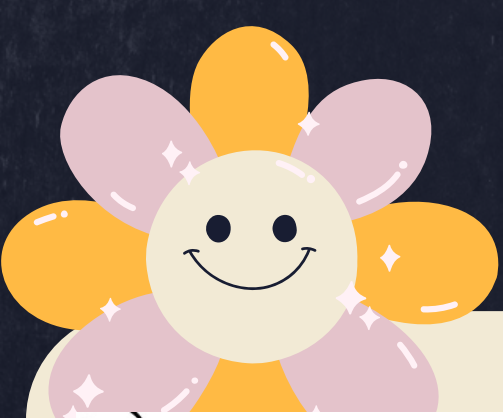
LIBRO PARA COLOREAR

The Equality Education program
Ilustraciones por Sofie Engström von Alten

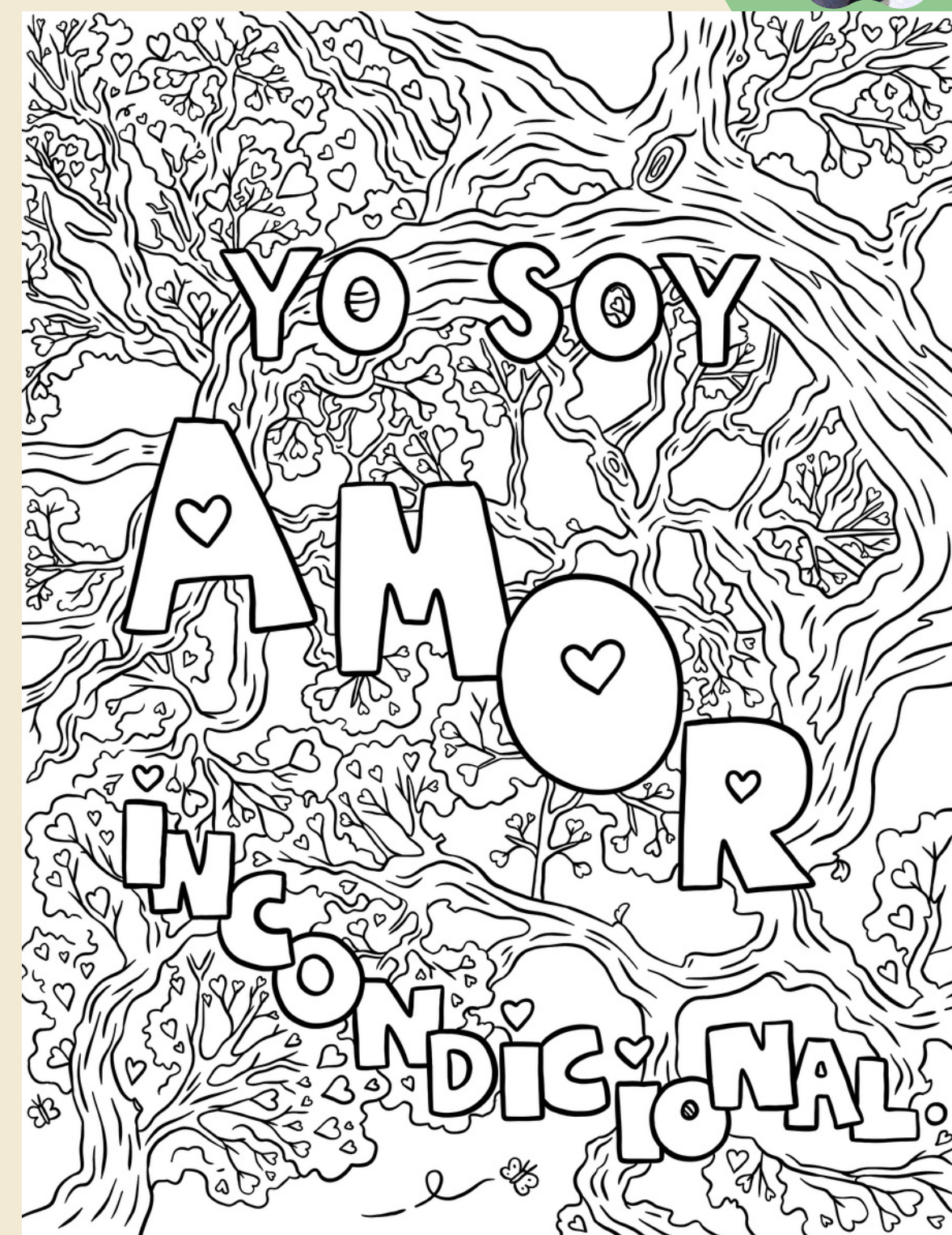
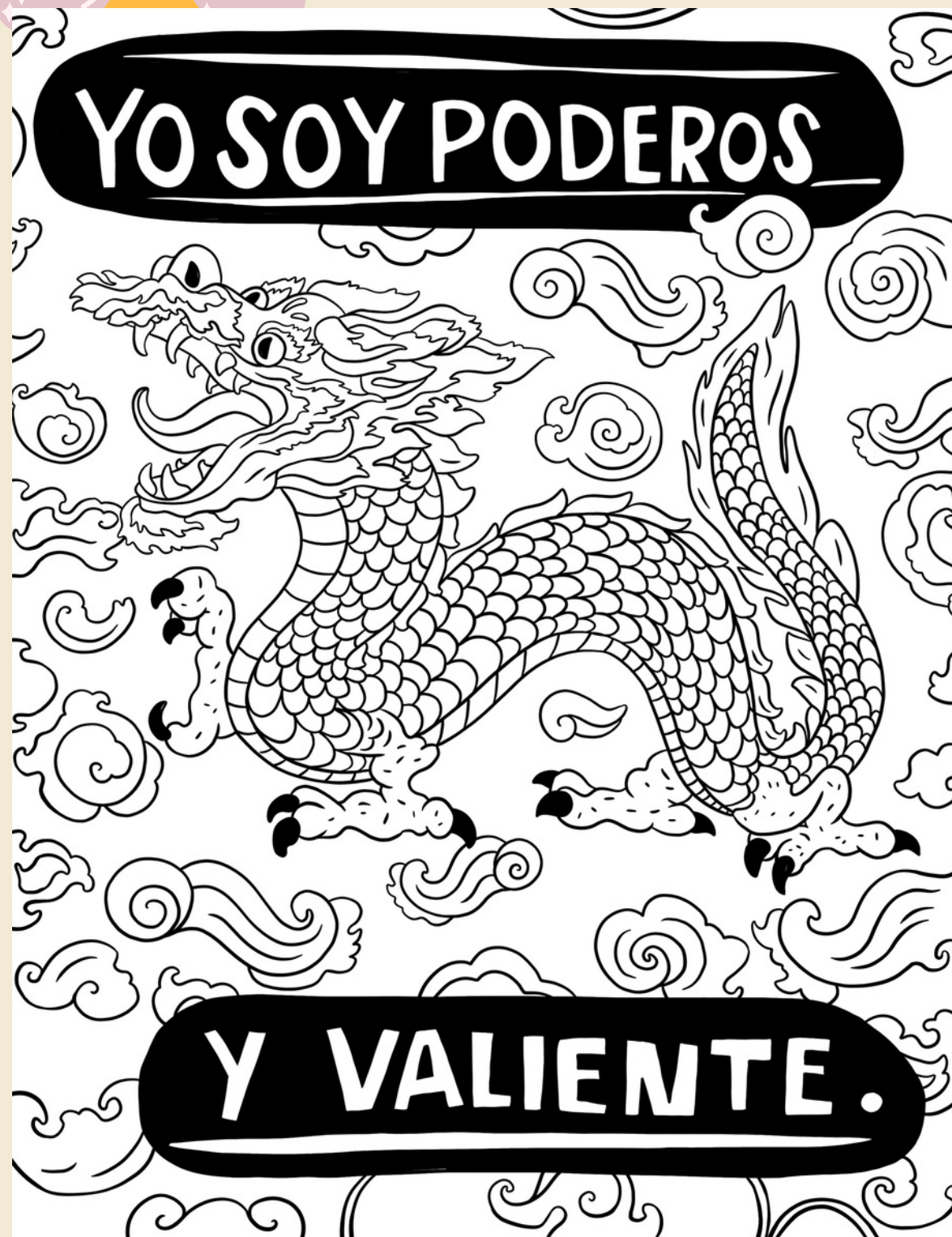
Spanish Affirmations Coloring Book

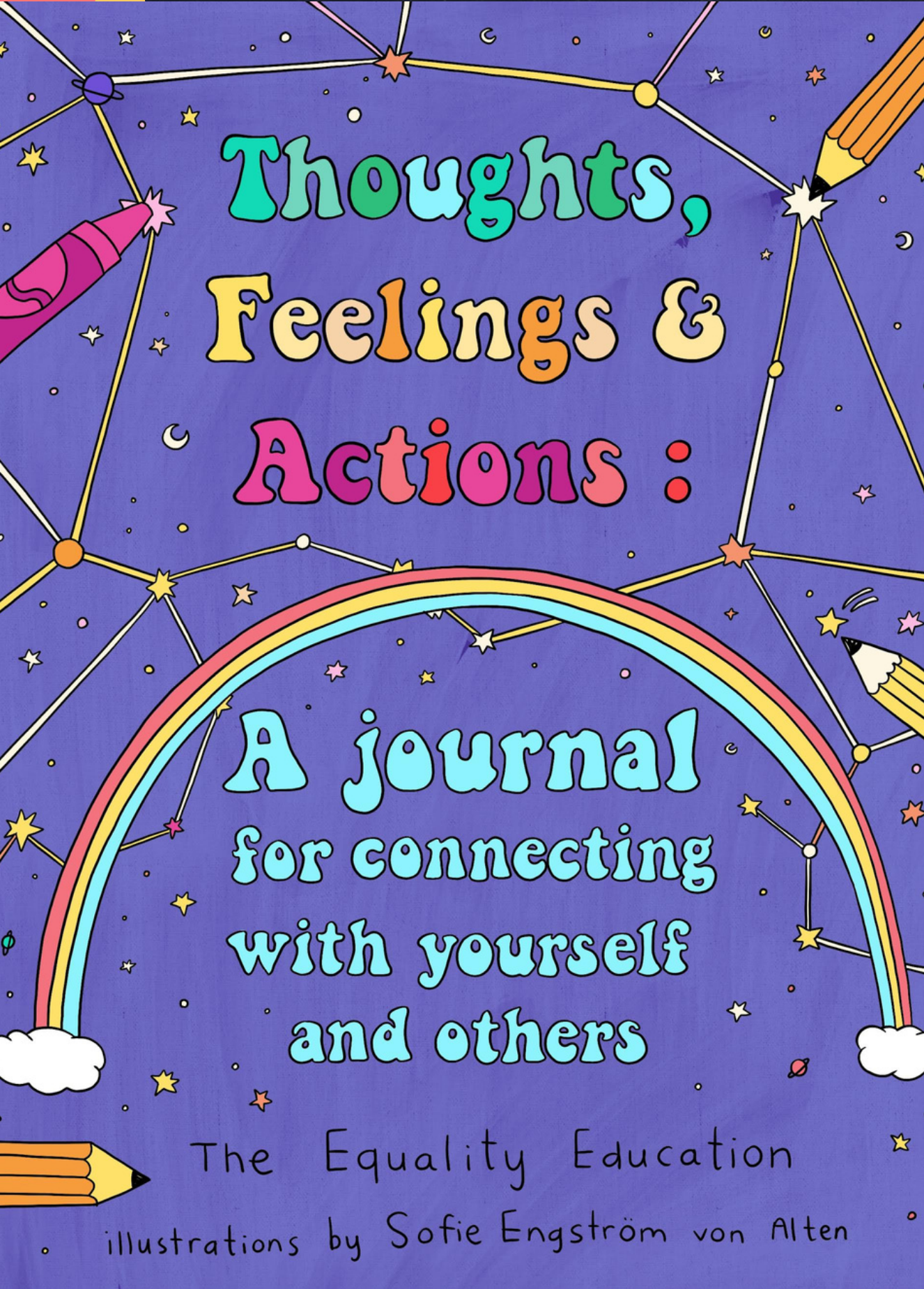
The same great hand-drawn illustrations and affirmation pages,
available in a full-Spanish version for all speakers and learners of the
language!

Book is sized 8.5" x 11"



Let's take a look inside!





Thoughts, Feelings & Actions :

A journal
for connecting
with yourself
and others

The Equality Education
illustrations by Sofie Engström von Alten

Social & Emotional Skills Workbook

This hands-on social and emotional workbook was created to bring educators and mentors a powerful and intuitive SEL resource for learners ages 8 and up. Each page encourages self reflection and self awareness to help youth understand themselves and others better.

Further develop their foundational life skills by using the quote, journaling activity, and daily affirmation on each page to help guide the way they connect with and process the world around them.

Journal is sized 7.5" x 9.75"



Table of Contents:

Page #:	Topic:	Topic:
7/8	Challenging Yourself	Finding You
9/10	Being a Supportive Friend	Difficult Conv
11/12	Growth & Body Awareness	Loving Y
13/14	Nutrition & Mindful Eating	Standing Up Fo
15/16	The Gift of Giving	Self M
17/18	Self Forgiveness	
19/20	Value in Individuality	Money
21/22	Healthy Friendships	Strong Commi
23/24	Decision Making	Self
25/26	Complimenting Others	Making New
27/28	Refueling Your Energy	Bo
29/30	Problem Solving	Le
31/32	Overwhelm	The Art of Del
33/34	Taking Care of the Environment	Standing Up For
35/36	Taking Accountability	Being a Good
37/38	Forgiving Others	
39/40	Self Talk	No M
41/42	Awareness of Diversity	Caring For Your Personal Env
43/44	Handling Fear	Dealing Wi
45/46	Apologizing	Safe



Table of Contents:



Social/Emotional Skill:	Page #:
● Decision Making:	14, 24, 28, 32, 34, 36, 50, 54, 64, 68, 72, 74, 78, 80, 84
● Growth & Goals Mindset:	8, 30, 36, 48, 56, 78, 82
● Optimistic Thinking:	8, 12, 18, 26, 40, 44, 48, 52, 60, 70, 78
● Personal Responsibility:	8, 14, 18, 22, 24, 28, 32, 34, 36, 46, 56, 60, 62, 64, 68, 72, 74, 78, 80, 82, 84, 86
● Relationship Skills:	10, 16, 20, 22, 26, 38, 42, 46, 50, 58, 62, 66, 76, 86
● Self Awareness:	12, 14, 18, 28, 32, 34, 36, 40, 44, 48, 50, 52, 56, 64, 66, 68, 70, 78, 80, 82, 84, 86
● Self Management:	8, 14, 24, 28, 32, 36, 44, 56, 60, 64, 68, 78, 82, 84
● Social Awareness:	10, 20, 26, 42, 46, 54, 58, 62, 66, 76, 86



Entire workbook categorized by:

1. CASEL SEL Skill taught

2. Self reflection topic taught

Color-Coded for Quick Reference!



Directions: Pick **ONE** goal that feels most important for you to accomplish right now. Then answer each question below so you can plan all the details of making your goal a **reality!**

My Goal:	
Words of Encouragement:	Habits I Must Change:
Skills Needed:	How I will feel once I achieve my goals:

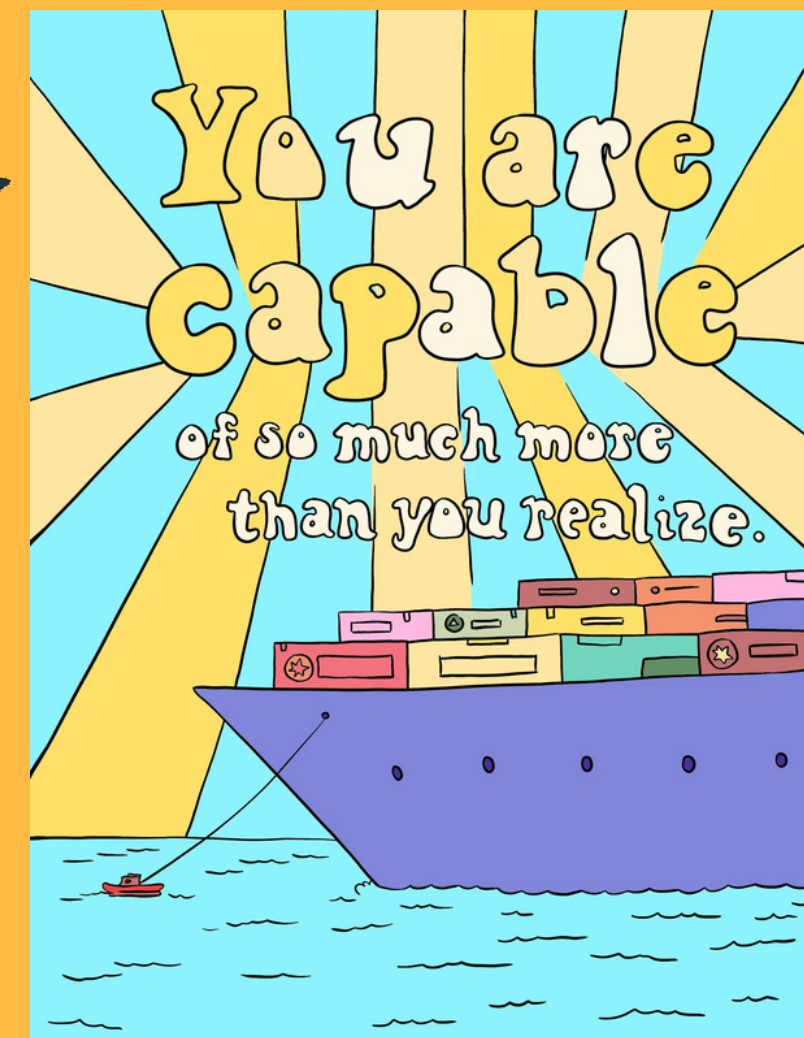
Affirmation of the day:
I AM capable of overcoming anything.

94 Pages Total!



Each Workbook Page Includes:

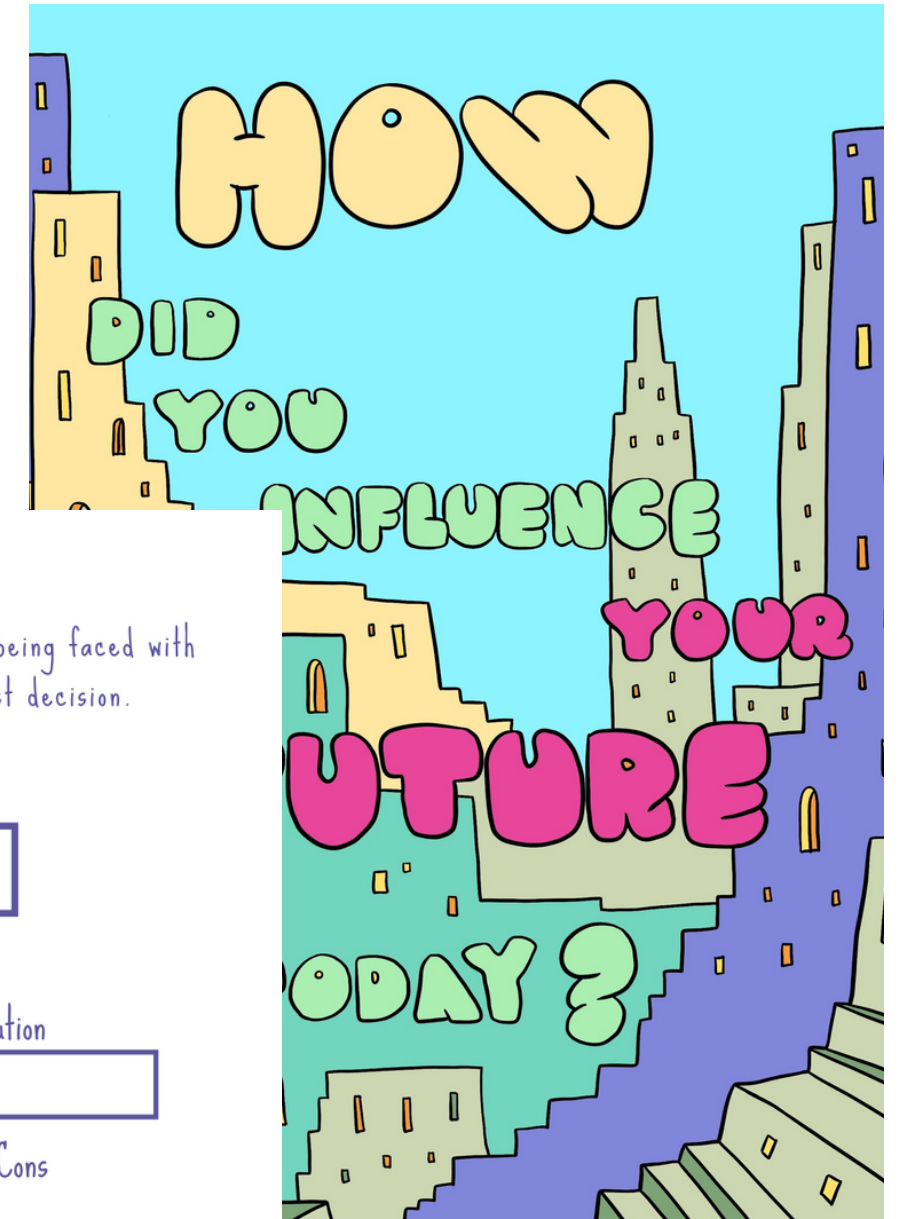
1. A related hand-drawn quote graphic
2. A self-reflection prompt teaching the CASEL SEL metrics of Decision Making, Growth & Goals Mindset, Optimistic Thinking, Personal Responsibility, Relationship Skills, Self Awareness, Self Management, and Social Awareness



3. An empowering affirmation of the day
4. Color Coded pages for social & emotional skills taught



Let's take a look inside!



Directions: Make a list below of things that you appreciate in others that are different from yourself.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Affirmation of the day:
I allow myself and others to show up as exactly who we are. ●20●

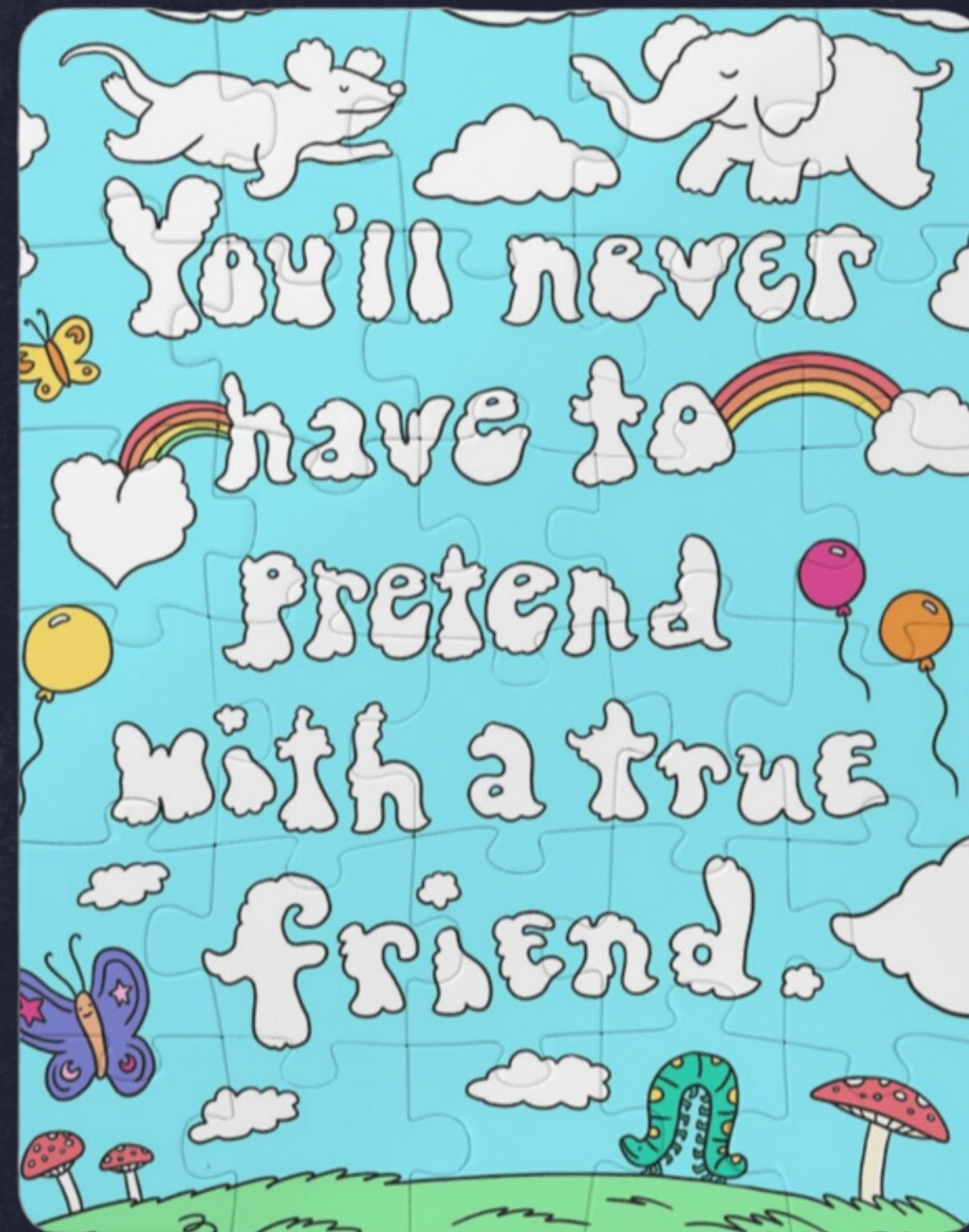
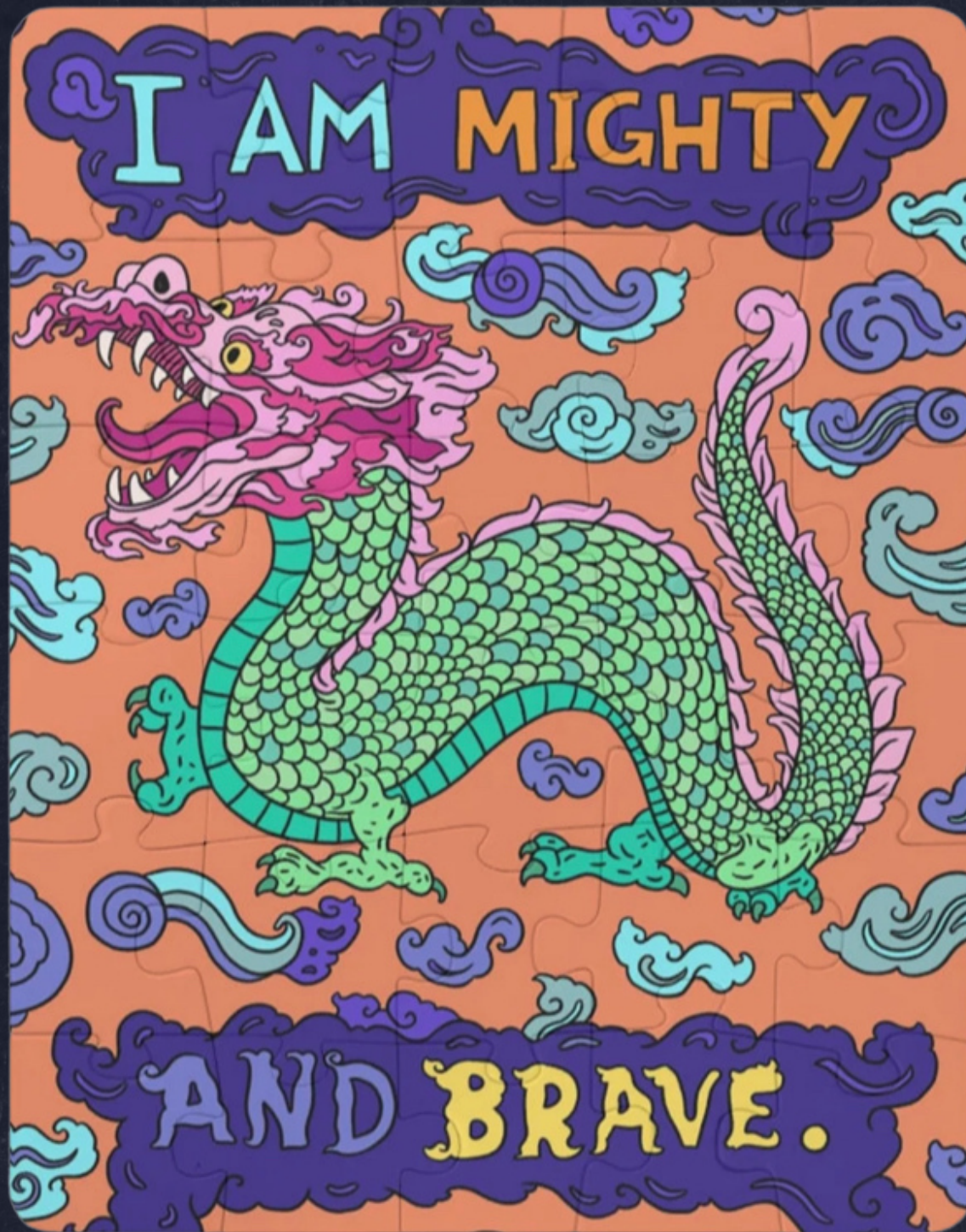
Directions: Pick a challenge you are currently being faced with and fill out the chart below to find the best decision.

Problem			
Possible Solution		Possible Solution	
Pros	Cons	Pros	Cons
①	_____	_____	_____
②	_____	_____	_____
③	_____	_____	_____

Affirmation of the day:
I AM aware of my choices and make healthy decisions. ●24●



Puzzles





THANK YOU!

www.theequalityeducation.com

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 [Etsy.com/shop/theequalityeducation](https://www.etsy.com/shop/theequalityeducation)