

Non / Name \_\_\_\_\_



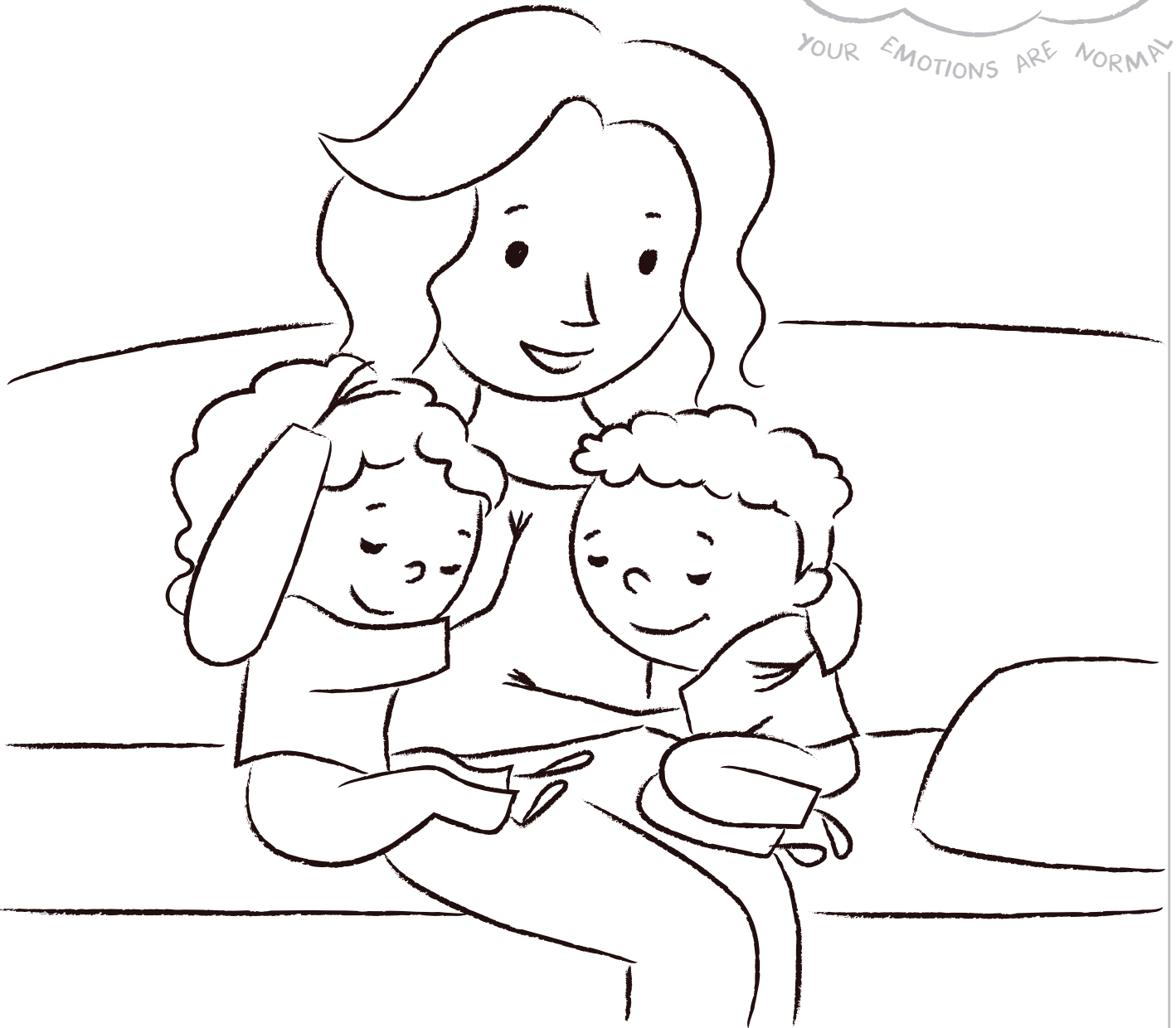
YOUR EMOTIONS ARE NORMAL



Mwen tris poutèt mwen pa t fete anivèsè m ak zanmi m ane sa a.

I am sad that I did not get to have a birthday party with my friends this year.

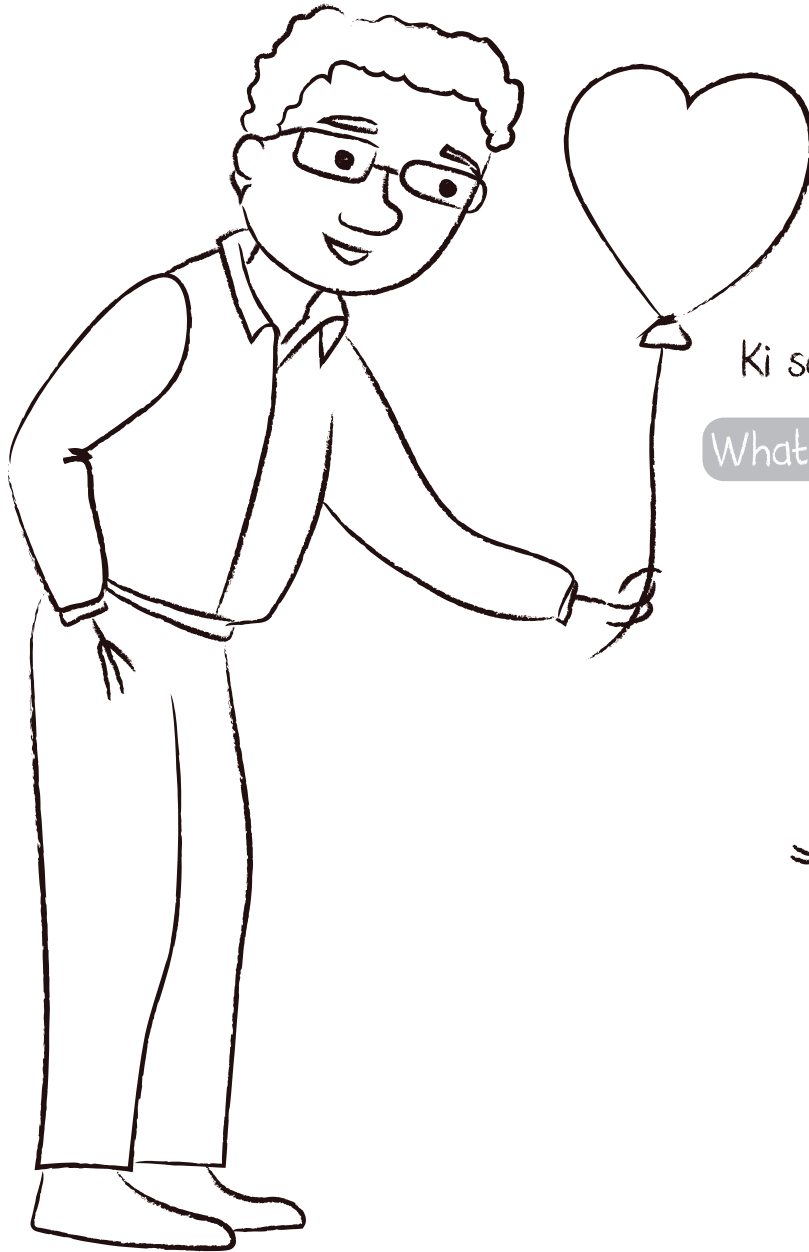
Non / Name \_\_\_\_\_



Lè gen ensètitud ak chanjman, li nòmal pou ou pè, tris, enkyè  
oswa menm fache. Sepandan, sa ede lè ou pale sou sa.

When there is uncertainty and change, it is normal to feel scared,  
sad, worried or even angry. However, it helps to talk about it.

Non / Name \_\_\_\_\_



Ki sa sa vle di lè w rekonesan ?

What does it mean to be grateful?



Sa vle di montre apresyasyon, oswa pou di l yon lòt jan, di mèsi pou tout bagay lavi a ba ou.

It means to express appreciation, in other words, to say thank you for the things in your life.