

MY EXPERIENCE OF SCHOOL

Upstream Chronic School Absenteeism Prevention
A STUDENT WORKBOOK



WRITTEN BY
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Life Lessons From a Tree

- To stand tall and be proud
- To go out on a limb
- To reach for the sky
- To bend to the changes in time and seasons
- To branch out
- To stay grounded: to be clear and focused
- To remember your roots and grow strong roots
- To drink plenty of water
- To be confident
- To never stop growing
- To bend before you break
- To turn over a new leaf
- To enjoy the view
- To develop inner strength to allow branches and leaves to grow
- To learn to be part of a community and understand the value of inter-connection
- To learn from your past
- To learn about strength through hard times
- To accept yourself for all of your unique qualities and characteristics

Can you think of other lessons we can learn from trees?



Lessons From the Land

- Look to the trees as they show you to stand tall and proud.
- Look to the rock as it shows you the strength you need.
- Look to the river as it shows you to keep moving forward.
- Look to the flowers as they show you the love you need.
- Look to the grass as it shows you forgiveness.
It keeps growing despite being stepped on.
- Look to the _____ as it shows you _____.



“ You matter.
Every living thing
matters.
Stay strong.

~ Jack Linklater Jr.,
Attawapiskat, Ontario

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There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in.

- Desmond Tutu