



## Ridgeview Public School

In October 2013, students of Ridgeview Public School had the pleasure of meeting Miriam Laundry and listening to a read aloud of her book: I CAN Believe in Myself. It was a very empowering story about Molly and her friends who, like the students' in our class, have insecurities or negative thoughts about their ability to do something. Many students were able to connect with Molly's fear of public speaking and fears of other characters in the book. They were able to learn from the wonderful examples in the book, how to change their thoughts and try to reach their goals!

She used a projector to show the book which kept the interest of the students, but not more than her real live SHREDDY which each child was able to interact with in a personally meaningful way!

We call our "I CAN'T" thoughts "UNTHINKABLES" and it was very powerful for each student to have the opportunity to shred their "I CAN'T" thoughts and replace it with a positive "I CAN" or "I WILL TRY" affirmation. Miriam was engaging and demonstrated commitment to students' learning by sharing how her personal story inspired her to write the book.

Since then, the students have reflected on the power of their thoughts and each student made their own SHREDDY so that we can continue to shred any "I CAN'T" thoughts. Miriam gave them a personalized certificate and bracelet that says "I CAN BELIEVE IN MYSELF". It has become a "cool" powerful tool to remind them that they can achieve anything they put their mind to!

On behalf of the students at Ridgeview Public School,



**THANK YOU MIRIAM LAUNDRY FOR HELPING US TO BELIEVE IN OURSELVES!**

Miss Tina Mistry, Special Education Teacher.