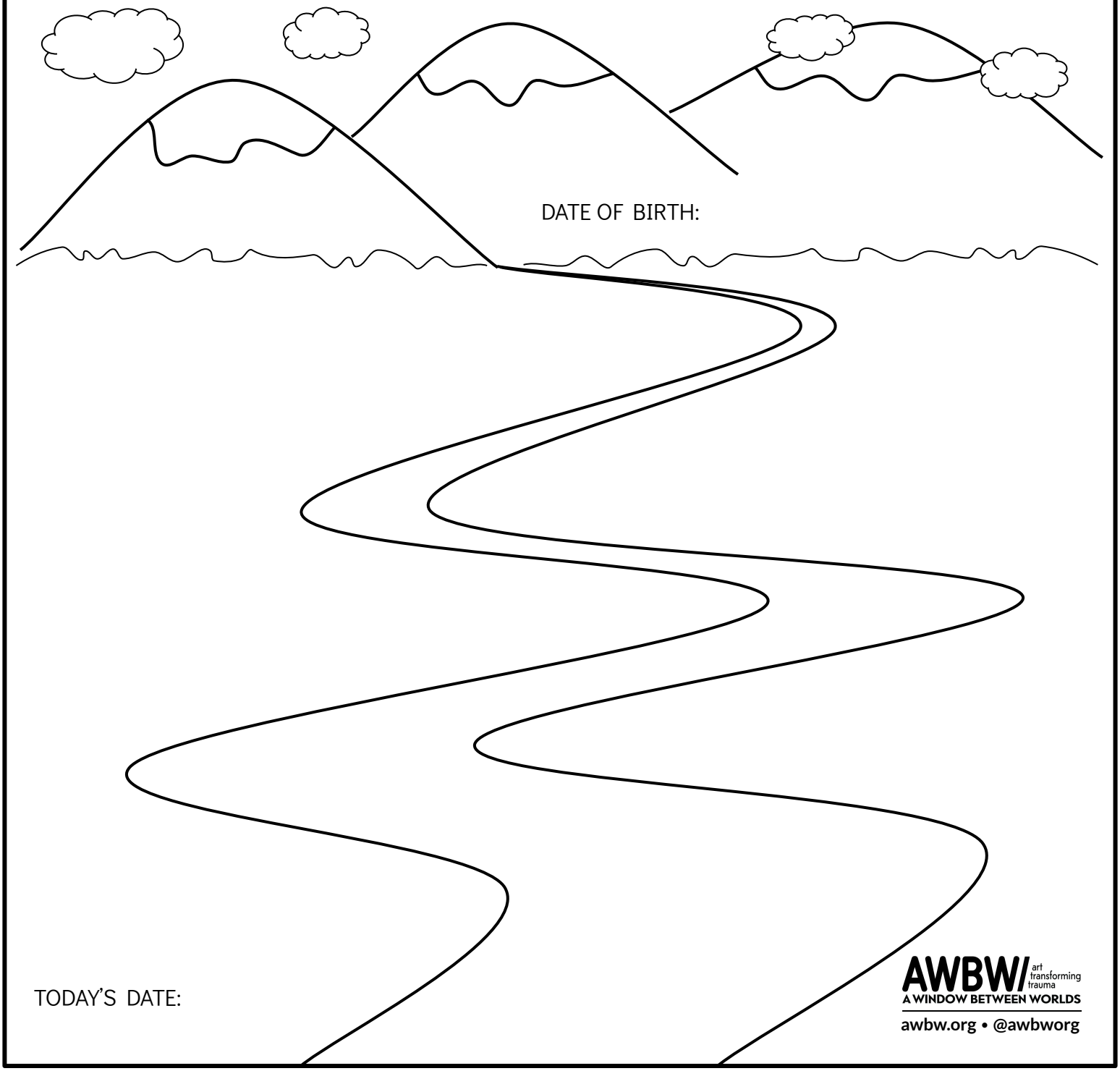
RIVER STORIES

You are invited to think of your life as a river full of your unique stories and experiences. Just like a river, your journey may have had twists and turns, full of challenges you overcame, great accomplishments, and other important moments that made you who you are today. Beginning with your date of birth between the mountains, map the flow of your river timeline by highlighting important events in your history that have shaped you. You can use words, shapes, colors, and drawings on the banks of your river to represent these times. As you move through your timeline, take some time to notice all of the moments of pride, strength, and resilience. There is no right or wrong way to create, you get to choose how to tell your story. When you're done, add today's date and think about where you would you like your river to go after this.



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