

Courage to Risk

2026 Collaborative Conference on Special Education
Friday, January 23 &
Saturday, January 24, 2026

Todd Daubert
tdaub68@gmail.com

Wendy Daubert
wendaub@gmail.com


The Imagine Project, Inc.
Giving kids a voice for positive change
www.theimagineproject.org

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1

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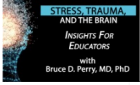


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Research based: Expressive Writing, Self Distancing, Best Possible Future


2

Why do we need The Imagine Project?

descript


3



Typical Development vs. Developmental Trauma

Typical Development	Developmental Trauma
Cognition	Cognition
Social Emotional	Social Emotional
Regulation	Regulation
Survival	Survival

Regulate, Relate, Reason.



WHAT HAPPENED TO YOU?
CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING

BRUCE D. PERRY, MD, PhD
OPRAH WINFREY

4

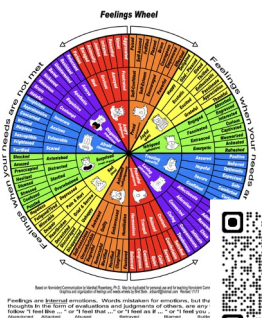
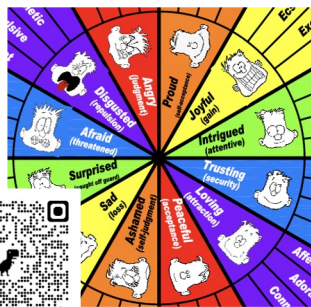

Experience The Imagine Project



Kyra's Story

descript

5

Feelings are different emotions. Words related to emotions, but the feelings in the wheel are the actual feelings. Feelings are the emotions, but the words in the wheel are the actual feelings. Feelings are the emotions, but the words in the wheel are the actual feelings.

6

Step 4
Possibilities

It's time to **imagine** new possibilities in your life. What would you like to create in your life that would you love to do, go to? The day is the first often passed to **imagine** something is possible.

Examples:
imagine ... finding a new job.
imagine ... having a healthy body.
imagine ... having a vibrant attendance to my life!

Imagine...

 Imagine...

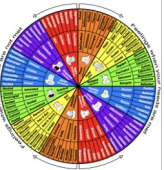

 Imagine...

 Imagine...

 Imagine...

Write your HOPEful turn

Imagine feeling _____ when you...

My imagine journal

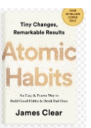
13

Step 5
I am, I can, I will!

Now take your **imagine** dreams and turn them into "I" statements. Write them down and then say these out loud with power in your voice so you believe you can!

Examples:
 I **AM** smart enough to go to college!
 I **CAN** work hard in school.
 I **WILL** be a teacher some day!

I AM... _____ a learner.
I CAN... _____ find joy in books.
I WILL... _____



14

Step 6
Do

Now that you have your **imagine** dreams, what do you think you will need to do to make them happen? Write and draw the steps you need to make sure you can accomplish your **imagine** dreams.

Examples:
 1. I will work hard and study every day.
 2. I will practice piano every day.
 3. I will eat healthy and get lots of sleep.

Steps...

1. **I will** (behavior) **at** (time) **in** (location)
 2. I will feel accomplished by listening to books in the car.
 3. _____




15

Re-Imagining IEP Meetings and Co-Teaching



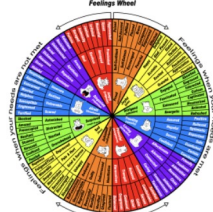

16

Implementation

Write an **imagine** statement about how you could empower your students and transform...

*your relationships with students
 *your IEP meetings
 *your co-teaching classes

Imagine feeling _____ when you...





17


FREE!!!!





18




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Exit Survey




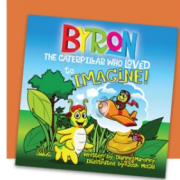


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19

Further Learning




20



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Questions and Text a Friend

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21