



Courage to Risk

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

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

Introduce yourself to a person close to you that you will interact with

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By downloading our ebook you also agree to receive occasional emails about The Imagine Project.

Full Name Email Address

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



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Why do we need The Imagine Project?







descript

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Typical Development

Developmental Trauma

WHAT HAPPENED TO YOU?
CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING
BRUCE D. PERRY, MD, PhD
OPRAH WINFREY



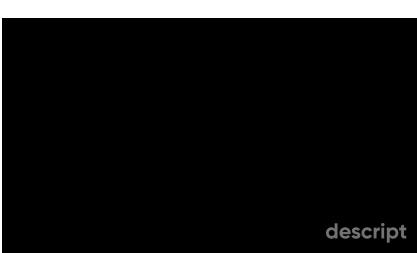
Cognition
Social Emotional
Regulation
Survival

Regulate, Relate, Reason

Cognition
Social Emotional
Regulation
Survival

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Experience The Imagine Project



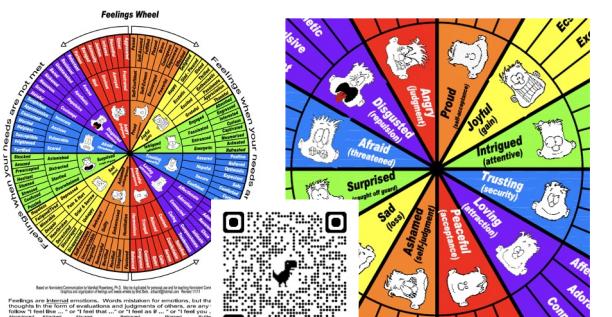
Kyra's Story

descript

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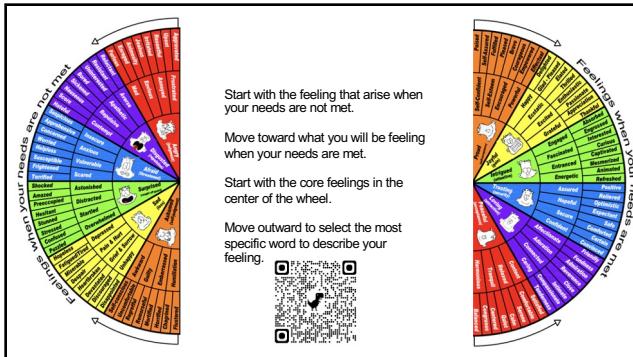
Feelings Wheel

Feelings are internal experiences. Words related to experiences, but the feelings in the terms of evaluations and judgments of others, are only labels. Labels are external experiences. Labels are external experiences.

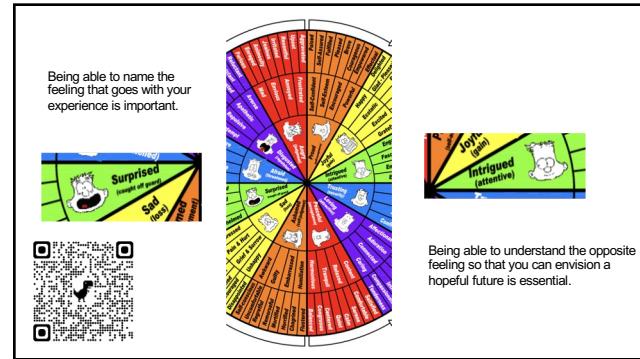




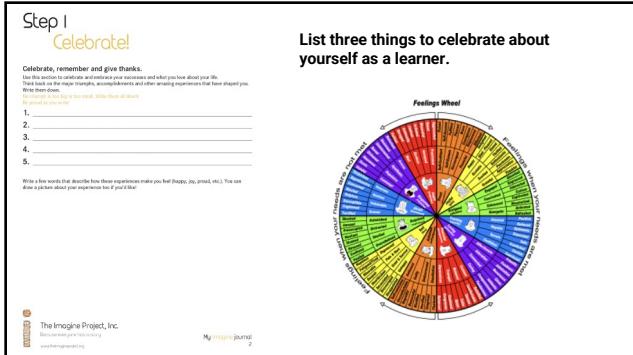
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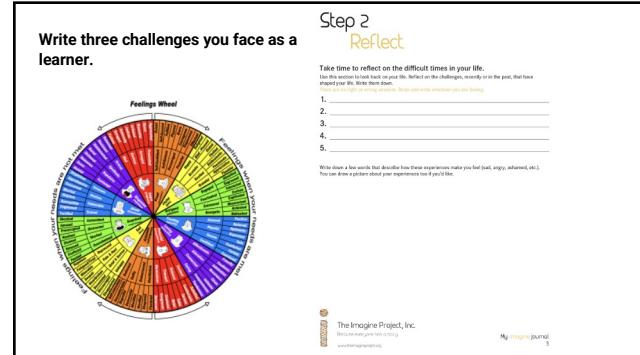
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Step 4
Possibilities

It's time to imagine new possibilities in your life. The possibilities are endless! What do you want to imagine? What's possible? Examples: Imagine having a loving family. Imagine having a strong education in my life.

Imagine...
Imagine...
Imagine...
Imagine...
Imagine...
Imagine...
Imagine...
Imagine...
My imagine journal

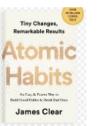
Write your HOPEful turn

Imagine feeling _____ when you...



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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...

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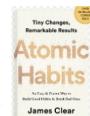
Step 6
Do

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. 





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Re-Imagining IEP Meetings and Co-Teaching



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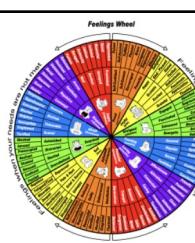
Implementation

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...





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FREE!!!!


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Exit Survey







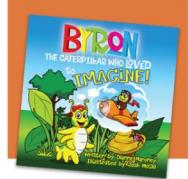
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Further Learning









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Questions and Text a Friend

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