



### Courage to Risk


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



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\***

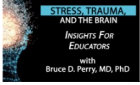


1





Imagine... the **fear and worry** that comes from teaching through towers falling, school shootings, suicide, and pandemic.  
Imagine... wanting to protect your students and create a safe space to learn but knowing that **the world is not a safe space**.  
Imagine... spending 30 years searching for ways to connect and empower children to persevere and show courage through difficult times, but **always coming up short**.  
Imagine... walking out of school on a Thursday in March and **never coming back to school the same way again**.  
Imagine... starting your final school year full of **fear, sadness, and uncertainty**.  
Imagine... **wishing to feel normal**, see smiles, and hug friends and family, but you can't.  
Imagine... learning a **simple tool** that helps to express those feelings and process those experiences.  
Imagine... writing stories about your hard feelings and experiences that allow you to **get them out of your heart and onto paper**.  
Imagine... sharing those stories with trusted friends in class and being able to **empathize and connect** with each other.  
Imagine... all those intense emotions **lifting off your shoulders** and being shared by everyone who listens.  
Imagine... creating a **new brave space** where students can be **seen and heard for who they are**.  
Imagine... this simple tool being applied **throughout the curriculum** whenever the need to process, connect, and empathize arises.  
Imagine... carrying a tool into life that you can use anytime you need to **feel hope**.

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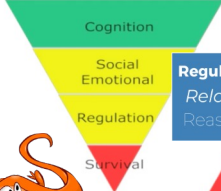
### Why do we need The Imagine Project?


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#### Typical Development



#### Developmental Trauma




**Regulate, Relate, Reason.**

BRUCE D. PERRY, MD, PhD  
OPRAH WINFREY

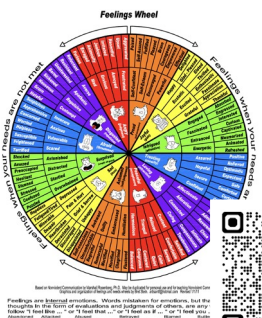
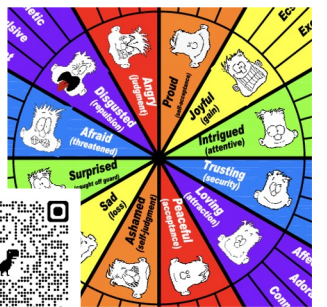

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### Experience The Imagine Project



Hope's Story

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Feelings and related words are listed in the center of the wheel. Words in the outer ring are related to the words in the center. Use the wheel to help you identify and describe your feelings. You can also use the wheel to help you understand the feelings of others.

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Feelings when your needs are not met

Feelings when your needs are met

Start with the feeling that arise when your experience is not met.

Move toward what you will be feeling when your needs are met.

Start with the core feelings in the center of the wheel.

Move outward to select the most specific word to describe your feeling.

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Being able to name the feeling that goes with your experience is important.

Being able to understand the opposite feeling so that you can envision a hopeful future is essential.

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### Step 1 Celebrate!

Celebrate, remember and give thanks. Use this section to celebrate and remember your successes and when you have done your best. Think back on the major milestones, accomplishments and other amazing experiences that have shaped you. Write them down.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write a few words that describe how these experiences make you feel (steps, joy, proud, etc.) Then draw a picture about your experience that if you'd like.

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### Step 2 Reflect

Write three challenges you face as a learner.

Take time to reflect on the difficult times in your life. Use this section to look back on your life. Reflect on the challenges, worry, or the past that have shaped you life. Write them down. Write and write whatever you can feeling.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write down a few words that describe how these experiences make you feel (sad, angry, ashamed, etc.) You will draw pictures about your experiences that if you'd like.

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### Step 3 Imagine

Choose one challenge and write your imagine story.

Imagine feeling \_\_\_\_\_ when you...

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### How to Hold Brave Space

**Center and Connect** - Keep the focus on the storyteller.

- Don't hijack the story with your own stories.
- Tears are okay
- What lines resonate with you?
- "Has anyone else felt this way?"

**Celebrate**- Applaud and appreciate bravery for sharing.

- "Thank you for sharing your..."

**Support?** - Do not fix, just listen.

- "What do you need?"

**What do you need?**

- "Nothing, thank you for listening."
- "A hug please."
- "I need to talk more about this."
- "Who would you like to talk with?"
- "I don't know."
- "No Problem, I will check in with you later."

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**Step 4**  
Possibilities

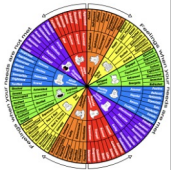

It's time to **imagine** new possibilities in your life. What would you like to create in your life that would you like to do, go to? The day is the limit, allow yourself to **imagine** anything is possible!

Examples: **imagine** working at the bank.  
**imagine** having a dog with me.  
**imagine** having unlimited abundance in my life!

Imagine...  
\_\_\_\_\_  
Imagine...  
\_\_\_\_\_  
Imagine...  
\_\_\_\_\_  
Imagine...  
\_\_\_\_\_  
Imagine...  
\_\_\_\_\_

**Write your HOPEful turn**

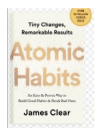
Imagine feeling \_\_\_\_\_ when you...

My imagine journal

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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...** the kind of person who...  
**I CAN...** \_\_\_\_\_  
**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. \_\_\_\_\_

3. \_\_\_\_\_




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**Re-Imagining IEP Meetings**




Kyra's Story

descript


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**Step 7**  
30-day Imagine Challenge



This is your 30-day **imagine, gratitude, and kindness** challenge! Each day for the next 30 days, take 5-10 minutes each day to write down 1-3 things you are grateful for your day (big or small), and to think of one act of kindness to do today. Repeat it every day. You'll be glad you did it!

Day 1 ♡  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_  
Day 2 ♡  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_  
Day 3 ♡  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_  
Day 4 ♡  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_  
Imagine \_\_\_\_\_



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Tools to use TIP in Classrooms, Groups, and with Individuals

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for Kids

My Imagine Journal  
for Teens

FREE!!!!

My Imagine Journal  
for Adults

My Imagine Journal  
for Kindergarten-Grade 2

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Exit Survey

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Further Learning

BTRON  
THE OVERSPREADERS WHO LOVED  
TO IMAGINE!

THE IMAGINE PROJECT  
DIANNE MARONEY

THE IMAGINE PROJECT  
DIANNE MARONEY

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Questions and Text a Friend

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