

VERENA'S

STABILITY 101

1

TRAIN THE BRAIN

nutritious food

plenty of chances to learn

supporting culture of "Yes, do that!"

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VERENA'S STABILITY 101

2

MAKE MOST OF THE INHERENT WILLINGNESS TO LEARN

Children love to broaden their horizons-and adults should, too. Change your way to work and offer your child loads of opportunities to discover the world: boxes, leaves, an overgrown garden. Explore and have fun. Or let them find a way out of their boredom. Their solutions my hint towards their true purpose.

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VERENA'S

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3

CHARACTER TRAITS TO STRENGTHEN

- Humour
- Trust and Faith
- Hope
- Optimism

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