



2019



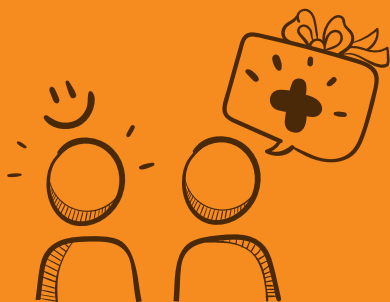


**POSITIVE THINKING
& WELL-BEING**

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Note:

To enjoy watching the videos, please download
QR Code App on your mobile.



Bareec Program Factors behind it's REMARKABLE SUCCESS

1. Bareec Booklets

- Thorough manuals for teachers that include simple, interactive and innovative activities based on a scientific approach. The manuals also provide clear goals and comprehensive explanations of each activity, clearly defining the tasks for the teachers.
- Creative student workbooks designed to engage the students

2. Motivation System

- A series of continuous actions that stimulate positivity at all levels, starting from the school administration, to teachers and students.
- Annual awards for Best performing schools.
- Recognizing and highlighting the efforts done in spreading the culture of positivity.
- Top teachers awarded with Bareec Scholarship to Berkeley University, California.
- Top 10 users/students of Bareec App rewarded and publicly recognized.

3. Training Courses

- A world class innovative, interactive and stimulating training system for teachers.
- Two training courses held every academic year, each course conducted over four training days
- The training courses are held at reputable locations to provide comfortable ambience and atmosphere for the teachers participating in the program.

4. Seminars

- Two seminars are held each academic year for teachers to share ideas and recommendations in order to better evaluate Bareec and ensure its applicability towards students.

5. Annual Ceremony

- An annual ceremony is organized at Kuwait's finest theaters, to shed light on the success stories of the students and inspire the audience; i.e. teachers, students, and parents.





6. Bareec Collaterals

- Collaterals are designed specifically for the program to **create a positive identity** when practicing the activities of the program **both in school and outside**.

7. Bareec App

- Development of a **mobile application to enhance positive thinking skills**.
- Stimulates students through gamification** on a daily basis to practice activities, to **adopt profound positive thinking skills**.

8. Field Visits

- A team of **highly qualified supervisors pay weekly visits** to schools to **ensure** the right implementation of **Bareec**.



It was only a matter of time that the exceptional work done by **Bareec** was noticed and published by prestigious Scientific Journals & Researches.

9. Volunteering Teams

- Effective, collaborative volunteering teams** in each educational district, appreciating the importance of collective and cooperative work, **serving the community efficiently**.

10. Bareec Club

- An **attractive environment** created at **Bareec Club** to **attract** students and **motivate** them to practice positive thinking.

11. Researches

- The publishing of annual **scientific researches** in Arab and International Magazines to shed light on the **impact** of **Bareec**.



Section 01

Evolution of Bareec

Summary

- In 2015/2016 a **pilot study** was conducted in 3 **schools**, in 3 classes, and with 3 teachers.
- **Simple** and short **affirmation** activities were practiced. The **results** were **so remarkable** as school principals, teachers, and parents have noticed and reported.
- In July 2016, a **unique set of exercises**, specially designed to **spread positive thinking** and wellbeing in schools were **composed by experts** in a scientific yet simple way. **Bareec** was born.
- **Scientific content based on the results of proven research** in the field of positive psychology.
- **Interactive, innovative, simple**, easy and **short activities** away from traditional methods of lecturing.
- **Public high school students** are targeted in **Bareec**.
- **Bareec** was **officially launched** on 21/2/2017. **60 teachers** from **13 schools** participated in the program.
- In 2017/2018, **24 schools, 120 teachers**, and approximately **3,000 students** participated in **Bareec**.
- In 2018/2019, **36 schools, 275 teachers** and approximately **8,000 students** participated in **Bareec**.
- The program is now under the umbrella of **"New Kuwait 2035" Development Plan** starting from 1/4/2018.
- In 2019/2020, **48 schools, 480 teachers** and approximately **11,630 students** will participate in **Bareec, as schools' statistics report**.



About Bareec

Launched in 2016/2017, **Bareec** Project for Positive Thinking & Wellbeing is an educational program that trains teachers how to implement fun and interactive positivity exercises in the classroom to empower students with the benefits of positive thinking.

Designed by Alnowair, a non-profit initiative driven to bring positive social behavioral change to Kuwait, **Bareec** takes inspiration from scientific research and work done in the field of positive psychology from around the world, and trains teachers on how to implement the program in their respective schools.

Positive Affirmations were initially implemented in 2015/2016 in 3 schools, although after an encouraging impact upon students and teachers alike, later improved and expanded to 13 schools in 2016/2017.

By the beginning of 2018/2019 academic year, **Bareec** trained 275 teachers and was being implemented in 36 schools across Kuwait outreaching 8000 students.

Since 1/4/2018, **Bareec** is officially under the umbrella of the 5-year development plan in collaboration with the Ministry of Education. **Bareec** lies under the **Human Development Theme of the "New Kuwait 2035"** Project,

which is sponsored by the Supreme Council for Planning and Development in the State of Kuwait.

The activities of **Bareec** focus on many values, most notably gratitude. Researchers have found that 40% of the contentment is due to expressing gratitude towards things in our lives; making life more joyful and happy.

High school students are the main focus of the program; however, **Bareec** impacts all those who deal with it, either school administratives, educational bodies or parents. There have been many occasions where they credit the program for bringing more positivity in their own personal lives.



Section 02

Operational Mechanism

Various tools are used to ensure achievement of goals

Summary

- A series of **6 booklets**, each consists of a guide for the teacher and a booklet for the student.
- In 2018/2019, approximately **6,000 students** applied parts one and two of the booklet series, and approximately **2,000 students** applied parts 3 and 4 of the series.
- **Detailed content** in each booklet describes everything users need, both teachers and students.
- **10 interactive & innovative exercises** in each part of **Bareec** Booklets.
- **One exercise** is implemented **per week** with clearly defined goals and tasks.
- **Supporting booklets** are provided to help both teacher and student to understand positivity in a simple yet scientific way.
- **About 8,000 students and 275 teachers** use **Bareec** Notebook (My Bright Thoughts) in 2018/2019.
- **World class interactive & innovative training courses** are offered to teachers.
- **Attractive environment** takes into consideration the training needs of the teachers.
- In 2016/2017, **60 teachers** from **13 schools** were trained.
- In 2017/2018, around **120 teachers** from **24 schools** were trained.
- In 2018/2019, about **275 teachers** from **36 schools** were trained.
- All teachers are **trained twice** in each academic year.
- **To evaluate for the purpose of upgrading the program, 2 seminars** are organized in each academic year to interact and respond to the opinion of the teachers.
- **Supervising team carry out field visits** to schools throughout the academic year to ensure implementation according to the objectives of the program.
- **Bareec clubs**, furnished colorfully, attract students towards specifically designed club activities supplementing the program, and encourage them to adopt the principles of positive thinking with ease.

Bareec Booklets

- The curriculum has been prepared by experts in the field of positive psychology.
- **Bareec** consists of a set of booklets (Part I to Part VI). Each part consists of a teacher's guide and a student's workbook, both in Arabic and English.
- The booklets include a range of innovative, interactive yet simple activities based on proven scientific research in the field of positive psychology.
- One activity is carried out per week, and is repeated on a daily basis.
- Research has proven that the repetition of short and simple activities, makes a significant positive behavioral change difference and can be scientifically measured.
- Activities can be carried out inside and outside the classroom, during and after the school day.



Student's Booklet



Teacher's Booklet





Student's Booklet



Teacher's Booklet



Supportive Booklets

Positivity 101 Manual

Contains a collection of scientific articles from the field of positive psychology, classified into: what is positivity, the benefits of positivity, and how to be positive.

The booklet is both in Arabic and English, and targets the teaching staff to enhance their knowledge about Positive Psychology and its benefits.



My Bright Thoughts Notebook

A notebook in both Arabic and English, features simple exercises and activities through daily practices to help shift the users' minds to become more positive.



Bareec Club Activities Booklet

A booklet that contains a collection of simple and creative activities that are implemented in **Bareec** clubs at schools.



Bareec Award Evaluation Form

A brochure that contains a set of criteria on which to choose the outstanding schools in achieving the objectives of **Bareec**.

This form is distributed at the beginning of the year so schools have knowledge of the goals they have to reach to achieve the prize.



Bareec Award Criteria Brochure

Local Training Courses:

Bareec program commences by training the teaching staff participating in the program by introducing them to the literature of positive psychology. The teaching staff then practice the exercises to better understand and learn their effects, before

implementing them on students.

First Class halls are now used to host the implementation of the training courses to ensure attractive and comfortable environment for increasing numbers of **Bareec** teachers.

Training # 1 usually takes place in September of each academic year on the set of activities to be implemented in the first semester.



2016/2017

13 Schools join Bareec.

60 teachers, the first batch to join Bareec.



Training # 2 takes place in December/January of each academic year on the set of activities to be implemented in the second semester.



2017/2018

24 Schools join Bareec.

120 teachers join, doubled from the year before.





2018/2019

36 Schools join Bareec.

275 teachers. An increase of more than 400% from when we started.





The Training Course held in January 2019.





Certificate distribution of training course in January 2019.



Dr. Salam Al Ablani from KFAS commenting on **Bareec** training courses.

Field Visits

To ensure the implementation and the desired educational return of the program, a team of educators follow up with schools and listen closely to students, parents, teachers and school administratives about **Bareec**.

Field visits are conducted, at least twice per semester for each school.

Seminars

Two seminars are held per academic year. The seminars are an opportunity to listen to the recommendations of the educational staff to evaluate and improve **Bareec**.



2016/2017



2017/2018





2018/2019

2019/2020

48

Schools

11,630

Students

480

Teachers

Projected to join **Bareec**

Section 03

Supporting Activities

Summary

- 🌟 **Attractive clubs** equipped with modern furniture that **inspire students** to carry out positive activities.
- 🌟 **A mobile application that captures the interest of the youth** and helps them practice activities to be truly positive.
- 🌟 **Publishing scientific researches in Arabic and International Journals.**

Bareec Club

In each school there is a **Bareec** Club.

The club is decorated in an attractive way utilizing **Bareec** colors; orange, yellow, gray and white.

The walls are painted with the colors, logo and doodles of **Bareec**.

The club is where **Bareec** teams hold meetings, and students participate in activities.

All club activities promote the adoption of positive thinking behaviors.



Bareec's App for Smart Phones (IOS and Android)

Smartphone application is available in both **Arabic** and **English**.

App users are: Students, Teachers, Bareec Team Leaders, Educators, and the Admin.

The application contains a set of exercises. The more students play, the higher scores they get, which might qualify them to win an award at the end of the year.



Scientific Research

✎ **Bareec** conducted and commissioned its own scientific research following international scientific and ethical standards; entitled **"Wellbeing Matters in Kuwait: The Alnowair's Bareec Education Initiative"**. The results of the study have demonstrated the impact of the program on changing the behaviors of target groups. The research has been published in Springer Magazine, one of the best scientific research journals.

✎ Faisal Al Enezi from Mohammed Al Muhaini High School in Jahraa Educational Area, wrote his master's thesis on the impact of **Bareec**.

✎ In collaboration with Kuwait University, there are future plans for conducting other scientific researches from different perspectives on the validity of **Bareec** in achieving social emotional behavioral change.



Section 04

Motivation System

Summary

Bareec rewards best schools achieving the goals of the program and spreading the culture of positive thinking.

12 out of 24 schools **won Bareec Award** in 2017/2018.

Bareec offers **scholarships** to **distinguished teachers** to attend an intensive training course at **Berkeley University, USA**, one of the finest universities in the world.

Four teachers received a **scholarship** in 2016/2017.

10 teachers received a **scholarship** to Berkeley University in 2017/2018.

Berkeley University has allocated **15 seats** for **Bareec scholarship** for the academic year 2018/2019.

Distinguished Scholars & teachers become part of **Bareec's trainers' team**.

Awards are given to the **best students** users of **Bareec** mobile application.

Top 10 students/players were honored in 2017/2018.

Bareec Award

- ☛ An Award for schools that achieve the goals of the program according to a set of published criteria.
- ☛ 1000 Kuwaiti Dinars is the award value per school.
- ☛ Winners of **Bareec** Award in 2017/2018:

Salah El Din High School for Boys	Hawally Area
Bayan High School for Girls	Hawally
Qurtoba High School for Girls	Capitol
Mohammed Al Muhaini High School for Boys	Jahra
Farwaniya High School For Girls	Farwaniyah
Al Sharqeyah High School For Girls	Mubarak Al Kabeer
Jumana Bint Abi Taleb High School for Girls	Capitol
Duaij Al Salman Al Sabah High School for Boys	Mubarak Al Kabeer
Khalidah Bint Al Aswad High school for Girls	Hawally
Adan High School for Girls	Mubarak Al Kabeer
Lubna Bint Al Harith High School for Girls	Ahmadi
Saleh Shehab High School for Boys	Hawally

HOW SCHOOLS BENEFITTED FROM BAREEC AWARD



Participation in the recreational educational forum of the Early Intervention Center for Disabled Children at Qurtoba High School for Girls.

Honoring the most active **Bareec** students in Qurtoba High School for Girls



A truck, refixed to be **Bareec** Cafe with a creative positive vibes menu, an attractive school environment in Salah El Din High School.



A wall painting to hang students' art works related to **Bareec** exercises. The wall has been decorated with some **Bareec** exercises titles and doodles, giving the place additional glow at Sharqia High School for Girls.

Encouraging students participating in mathematical Olympiad from different schools by distributing gifts to them at Qurtoba High School for Girls.



Participation in Kuwait University **Bareec** Forum by Qurtoba High School students.



Renewing Gratitude Wall and practicing gratitude activities at Qurtoba High School.



Encouraging activities for early comers school students at Qurtoba High School.

Bareec Scholarship

A grant to Berkeley University in the USA to attend an intensive training course on Social Emotional Learning in the classroom:

According to certain criteria, best performing **Bareec** teachers are selected for the scholarship. They should embrace remarkable impact on their students together with acceptable English language proficiency.

- 👉 **4** outstanding teachers won the scholarship in 2016/2017.
- 👉 **10** outstanding teachers got the scholarship in 2017/2018.
- 👉 **15** outstanding teachers are selected for the scholarship by the end of 2018/2019.



Top 10 Students/Users of Bareec App



✎ A promotional cash prize for the students who most commonly and effectively use **Bareec** App according to a set criteria to ensure that **Bareec** goals are met.

✎ List of students honored in 2017/2018:

NO.	STUDENT NAME	SCHOOL
1	Ghanima Atallah Mohammed Al Furaish	Lubna Bint Al Harith High School for Girls
2	Mohamed Mamdouh Olaiwi Owayed	Mohammed Al Muhaini High School For Boys
3	Badr Mubarak Ismail Al Shatti	Mohammed Al Muhaini High School For Boys
4	Mariam Mohammed Jamaan Al Otaibi	Lubna Bint Al Harith High School for Girls
5	Al Bandari Hamad Hilal Al Enezi	Lubna Bint Al Harith High School for Girls
6	Nourah Abdul Aziz Abbas Al Shuwayeb	Lubna Bint Al Harith High School for Girls
7	Sarah Fares Al Shaitan	Farwaniya High School for Girls
8	Hawraa Khaled Hussain	Adan High School for Girls
9	Maram Mohammed Ezzeldin	Farwaniya High School for Girls
10	Amlak Fahad Al Ahmed	Adan High School for Girls



Summary

- ~ An annual event, organized at Kuwait's finest theaters to announce Awards' Winners, demonstrating **Bareec** success stories.
- ~ Ministry of Education Officials, **Bareec** schools principals, teachers, students, and parents attend the ceremony.

2017/2018 Ceremony Highlights

The ceremony was held at Sheikh Jaber Al Ahmed Cultural Center, demonstrating **Bareec** highlights.

Bareec Award winners are announced. **Bareec** sponsors and supporters are honored.



Shaikha Intisar Al Sabah's
Speech during the 2017/2018
Ceremony.



A Parent showing the impact of
Bareec upon her daughter during
the 2017/2018 Ceremony.

2017/2018 Ceremony



Awarding the Best Schools in achieving Bareec Goals - Bareec Award



Honoring Our Sponsors



Section 06

The Effect of Bareec

Summary

“If I did not watch over my students myself during the test, I would not believe it. All students got the full marks in the physics test.” Latifa Al Khalifa, a physics teacher from Awatef Al Athbi Al Sabah High School in Ahmadi Educational Area.

- "In **Bareec** classes, we noticed **high rates of excellence, and a decrease of violence** among students compared to other classes," Khamis Abdo, a teacher at Hisham Bin Al Aas High School.



- "**Conserving school public property rose up to 100%**, students do not disrupt when **Bareec** Culture is spread at school", Ms. Amal Al Qallaf, Salmiya High School Principal.

- "I won the first place in Kuwait at the **Biology Olympics**, thanks to **Bareec**, which gave me positive energy and the optimism that I will succeed," Rahaf Al Nuaimi, a student from Tulitila High School.



- "**Bareec** restored the sparkle to my life after my daughter had participated in the program. She is now all positive, affecting my life and the lives of her brothers, as well," parent from Lubna Bint Al Harith High school.

Teachers', Students' & Parents' Testimonials

“What took me an hour to explain, now takes just a quarter of the hour.”

Mays Al Momani, a physics teacher in Lubna Bint Al Harith High School.

Bareec has remarkably helped school administration to discover students' social and psychological problems. In collaboration with the right channels we contributed to solving many of those problems. This was a result of the trusted relationship between the teacher and the student.

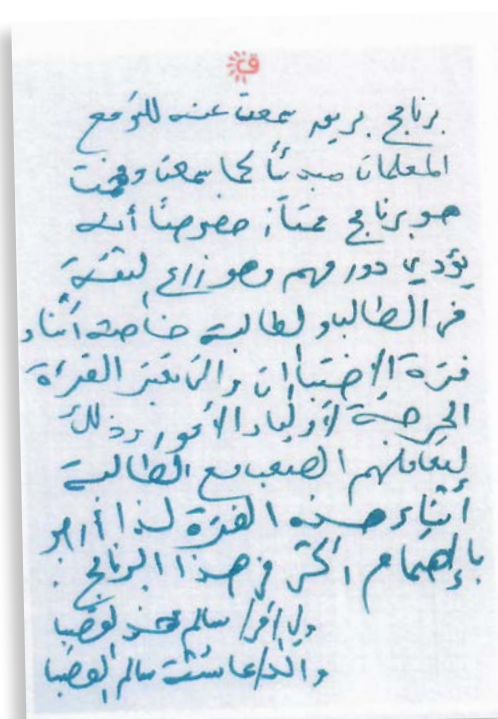
A **Bareec**'s teachers at Salem Al Mubarak High School says:

“If I were with the student for years, I wouldn't find out his problems within this short time.”



Teacher Mays Al Momani talks about her experience with **Bareec**'s effect in teaching physics.

Bareec created a relaxed, comfortable and less tension school atmosphere. **Bareec** allowed students to show up their talents in drawing, playing music, writing stories, and giving speeches in front of the public.



The demand for the study of pure science subjects with passion: The program gives a chance for all subjects teachers (Kuwaiti and Non-Kuwaiti) to participate in **Bareec**, offering them necessary training to get acquainted to the objectives and mechanisms of **Bareec**. This made the lessons of pure mathematics, physics and chemistry an attractive field for students.

يعطيكم العافية الحمد لله بفضلكم ونفعل البرناج وايد
تخيرت للاحسن وصارت اجتماعية وتقبل الامور

"My daughter's grades have improved. She is now capable of answering written tests easily after joining **Bareec**," parent at Mishref High School.

Turnout to schools: remarkable changes in the behavior! Many students attended school to not miss **Bareec** activities, which had a great role to change some of their social behaviors for the best.



Abdul Rahman Yafei, a teacher from Kendi High School, Ahmadi Educational Area, highlights the impact of **Bareec** upon his students.

Bareec contributed to helping students on their writing skills, their ability to express themselves and answering written exams that are the basis of the student's evaluation in schools.

Bareec's student booklet includes spaces for reflection then writing down feelings before, during and after practicing any intervention.

This has contributed in elevating students' skills in writing.

Building leadership: many shared successful stories here. After stammering, some students have become leaders of **Bareec** Volunteering Teams.



The program has a magic impact says Aziz Al Mardasi, a teacher from Sulaiman Al Adsani High School for Boys, Mubarak Al Kabeer Educational Area. **Bareec** has the magic power to changing behaviors.

Many students often create trouble during classes to waste time, these behaviors, as teachers say, are from the past, thanks to **Bareec**. No incidents of disturbances or sleeping inside the classrooms, or escaping the school.

TOP RANKING GRADE 12 STUDENTS DEDICATE THEIR SUCCESS TO BAREEC



Thanks to the most successful project in the world. Bareec is one of the reasons behind what we are now. Thanks. Bareec is an amazing program literally.



"Bareec affected me in a beautiful and simple way. It helped me discover myself and changed the course of my life. Now I see my life and others more positively. Most importantly Bareec helped me change my personality for the best... Thank you Bareec." Alaa Humoud, a student from Salmiya High School.

حينما تعزو ابنتنا الغالية أية أحد أسباب mybareec تفوقها الباهر في الصف الثاني عشر إلى #بريق فتلك يدفعنا في #بريق لبذل المزيد ليرز هؤلاء الأبناء أقصى ما تسمح به طاقاتهم وإمكاناتهم تعزيزاً للهدف الشامل للتربية في دولة #الكويت.
#الشيخة انتصار سالم العلمي الصباح #الإيجابية #الشباب #المدارس #وزارة التربية #جامعة الكويت #خطة التنمية #كويت جديدة #Repost @bareec.alsharqyah with @get_repost



Schools' Reports Summary

The metadata and numerical reports sent by school principals stated clear remarks such as:

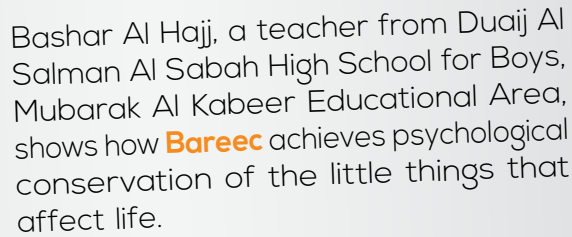
- 1 **Rise of success rates**, and higher prospects of excellence can be measured in the classes participating in **Bareec** compared to other classes.
- 2 **High attendance rates and remarkable reduction in absenteeism**, a problem many schools suffer from.
- 3 **Violence** has been **significantly reduced**.
- 4 The **relationship** between the teacher and the student is now more **stronger** where the teacher manages to achieve the goals of the lessons with much ease. With **Bareec** the class now is more active.
- 5 **Recognizing students' problems to solve them** in proper channels.
- 6 **Teenage students started to become closer to their families**, through many exercises that evoked their appreciation and gratitude towards their families. Before there was a gap between teen students and their families as reported in Sharqia High School for Girls in Mubarak Al Kabeer Educational Area.
- 7 Remarkable increase of traits in **Bareec** students, like **higher grades, passion for volunteering, cooperation**, initiating help to others and showing their talents.
- 8 The comfort zone provided by **Bareec** brought forward many hidden talents, abilities and potentials of the students. The program has truly helped in **achieving the comprehensive goal** of the Ministry of Education in the State of Kuwait.
- 9 **Maintaining the public school property**; where it reached **100%** in some schools, as principals said.



Amal Al Qalaf principal of Salmiya High School for Girls, Hawalli Educational Area, emphasizes the impact of **Bareec** in the provision of public school property.



Mohammed Al Abbas principal of Saleh Al Shehab High School for Boys, Hawalli Educational Area, refers to the role of **Bareec** in the change of school environment.



- and Vice Principal Office in the school demonstrating the impact of **Bareec** in **reducing negative behaviors and absenteeism, maintaining public property, and creating a positive school environment with the cooperation of all.**

 	     	<p>وزارة التربية والتعليم Ministry of Education and Higher Education دولة فلسطين State of Palestine</p>
<p>الأثر في بيئة الحالة داخل المدرسة</p>	<p>توقع نوع التفاعل بين المدرسة والمجتمع والمؤسسات التعليمية الأخرى التي تساهم في تطوير البيئة التعليمية (المساهمة في تطوير المكان الطبيعي أو الثقافي أو التعليمي أو الاجتماعي... الخ) - التفاعل مع المؤسسات التعليمية الأخرى (مؤسسات التعليم العالي والمتوسطة والتعليم الفني... الخ) - توفير الأبنية والأماكن التعليمية المناسبة (مكتبات، قاعات تعليمية... الخ) - توفير المرافق التعليمية (مطابخ، حمامات، قاعات... الخ)</p>	<p>فهم التفاعل والتعاون والتكامل والمسؤولية</p>
<p>الهدف العام الهدف العام</p>	<p>الهدف العام الهدف العام</p>	<p>الهدف العام الهدف العام</p>

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17 Salah El Din High School for Boys is referring to the existence of the usual school student problems; it often **does not exacerbate because of Bareec**. Also, they noticed that **students** started to **encourage each other to change their behavior**. According to the Social Service Office in the school, **a decrease in the number of students' issues has been observed** and the **students' calmness prevailed** at the school environment.

18 The report of Mishref High School for Girls in Hawalli Educational Area, points that the **students** who participated in **Bareec** achieved **100% rates of success**, with a **high rate of excellent** **outreached to 70%**.

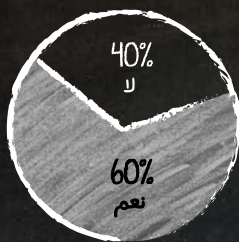
19 The participating **teachers** became **more creative in presenting scientific material** as Bayan High School for Girls

in Hawalli Educational Area, report showed.

20 Awatef Al Athbi High School for Girls in Ahmadi Educational Area has applied short survey for the students to see the impact of the progress of **Bareec**. The results showed that the behavior of some students did change, **increase in desire and attention to study, discipline** in school, the change of school behaviors to positive, **decrease** in school **rules violations** compared to the beginning of the first semester, **decrease of delay rates in the morning**, attending the classes and higher rates of maintaining school property. Also, confidence and motivation have been boosted in the students and now they say "**We can overcome problems and see the bright side**".

In Bareec Schools positive vibes are spread to meet the challenges of New Kuwait 2035.

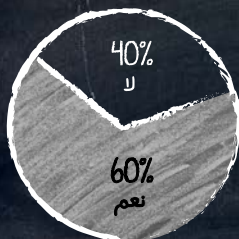
هل للطلاب رغبة في الاقبال على اليوم الدراسي؟



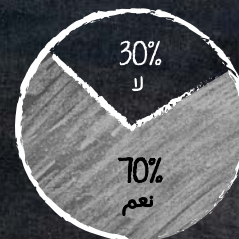
هل المتعلمة مقبلة على اليوم الدراسي بحماس ونشاط؟



هل تظهر نواتج تعلم الطلاب على سلوكياتهم ومهاراتهم الحياتية؟



هل لاحظت تحسّن في سلوكيات الطلبة ومستواهم الدراسي مقارنة مع بداية الفصل الدراسي الأول؟



We are proud that **Bareec** is
the **ONLY** project achieving a 100%
completion rate in the Development
Plan of the Ministry of Education
for 2018/2019.



**Positive Hearts
Make Brighter Minds...**

