

I Can & I Am is a charity seeking to inspire confidence in every individual by inflating their balloons of self-belief



[www.icanandiam.com](http://www.icanandiam.com)

## Our 4 Pillars

### 1. BELONGING

Find places where you feel safe, can be yourself and where you BELONG.

### 2. MOVE FORWARD

By MOVING FORWARD with small steps we get better at things which in turn builds our confidence.

### 3. WE'RE ALL UNIQUELY MADE

Everyone is INTELLIGENT with different strengths and qualities.

### 4. HOPE

We gain HOPE by learning from our setbacks and having a positive attitude.

# How Can I Inflate My Balloon?



Name \_\_\_\_\_

What am I good at?  
What do I enjoy?

What are my qualities?

Where can I be 'me'? / Where do I belong?

My Challenge...

### 30 MINUTE PIZZA RECIPE

Mix one mug of strong bread flour, 1 teaspoon of yeast, a pinch of salt and a pinch of sugar in a bowl.

Add small amounts of warm water, then mix until you've got a neat ball of dough. Knead for a few minutes, then roll out into a pizza base.

Cover with tomato sauce and grated cheese. Bake on a floured tray at 240 degrees C for 8-10 minutes. Perfect!



What am I thankful for?