

# Our Positive Reminders

From a workshop with Young Carers to share positivity  
to other Young Carers.

Joy and  
whimsy is  
important.  
Be fun!

The grass isn't always greener on  
the other side

Just be  
yourself!

Everyone  
shines in  
their own  
way

You get free  
food at  
young carers!

You can achieve  
anything if you  
put your mind  
to it

Listen to  
music like  
Michael  
Jackson

Young Carers  
can give you  
positive  
things.

Being  
normal is  
boring -  
always be  
yourself and  
embrace  
you

Someone in the world  
cares about you

You  
become  
smart

Ups and  
downs are  
part of life

Whatever  
can't kill you  
makes you  
stronger