

These are The Way of the Donkey posters. Larger posters (11x17) will be provided to schools and organizations.



Connect With Friends

Donkeys love their best "buddy."

To be a good friend think about how the other person feels and treat that person the way you would like to be treated.

With whom did you connect today?



Reach Out To Be Kind

Donkeys scratch each other's back.

When you reach out to be kind to others this makes them feel great — and you also!

How did you reach out to be kind to someone today?

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Build My Strengths

Donkeys are smart and like to learn new things.
When you use your strengths to do new things,
this makes you feel happy and empowered.

What did you do today that
you are proud of?



Focus on the Good

Donkeys are thankful when they receive treats
— especially carrots.
Being thankful for the good things that happen
makes you feel happy.

What happened today that
you are thankful for?



Stop and Stay Calm

If things get tough...

If donkeys become unsure or afraid, they stop and stay focused.

Spend a few minutes each day becoming very calm and focused. Close your eyes, take deep breaths, and feel your body relax. If something happens that upsets you, take a deep breath and stay calm.



Stand Tall

Donkeys stand tall and look powerful.
Standing tall will help you feel positively powerful.

Always remember to stand tall and walk with pride — especially if you are facing a challenge or are upset.



Think Things Through

Donkeys think things through. 1

They figure out what is best to do.

Ask yourself these questions: What has actually happened? What is my goal? What several actions I could take that use my strengths? Is each action in accord with my values? For each action, what might happen? What is my best first choice? If this does not work, what else could I do?