

ACTIVATING THE BEST ME!

Families in Action hosts workshop for Peer Helpers

Saturday 28th February, 2015



When our Peer Helpers gathered on last Saturday, they all agreed that it's important to be their 'best selves' if they want to make positive changes in their schools and communities.

The hall at host school – Marabella North Secondary School – looked like a rainbow on Saturday 28th February, 2015 as it was filled with Peer Helpers in their school colours from St. Augustine Secondary, Holy Faith Convent (Couva), Naprima College, St. Benedicts College, St. Augustine Girls' High and Mayaro Secondary as well as some Scotiabank Bright Future Ambassadors from Tunapuna Secondary and St Georges College.

In keeping with the theme – **Activating the Best Me** – students were challenged to create their own customized scent! Scents ranged from cinnamon powder and almond oil with a drop of vanilla essence to peppermint, nutmeg and Angostura's Bitters. When they finished mixing their own scents, the students had a 'scent smelling' session. They got to smell each others' scents and all agreed that not one scent was exactly like another; representing their own individuality in this world and emphasizing the importance of embracing our individuality if we are to be our best selves. At the day's end they all made a personal pledge to work on being their best for the benefit of themselves, their family, friends, schools and communities.