

5 STEPS

are needed

before

we are ready to learn



- 1 You (and others you love) are safe, and secure
- 2 You feel connected with others
- 3 You are not hungry and have had enough sleep
- 4 You have the means to engage with others, and have your feelings understood
- 5 You have self-confidence and hope for your future

Only when **all 5** are in place
can you

LEARN

Do-IT>