



Are You OK?

*This POSTcard is perfect  
for short messages, a quick  
note or even a drawing.*

# POSTcards

— From me to you —



Thinking  
of You  
worried  
want to  
hear from  
you  
how  
are you  
doing?

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A circular graphic on a light blue background. The graphic consists of a central white circle surrounded by a thick, textured blue brushstroke border. The word "believe" is written in a bold, dark blue, sans-serif font in the center of the white circle.

**believe**

This POSTcard is perfect  
for short messages, a quick  
note or even a drawing.

# POSTcards

— From me to you —



Believe in Yourself | Believe in Me!

You Can Do it | Have Faith | Don't Give Up

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**Best  
Wishes!**

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# POSTcards

— From me to you —



- FOR YOUR NEXT STEP
- For your Birthday
- In your new home
- For the Test
- All the Best
- I'll Be thinking of You
- Go Well!

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can't stop  
thinking  
about...



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# POSTcards

— From me to you —



Getting Really Caught Up

Round and Round in My Head

Worrying

Stressing

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**CELEBRATE**

*This POSTcard is perfect  
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# POSTcards

— From me to you —



Congratulations

yes!

You did it

Well done

You made it!

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DEADLY

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note or even a drawing.*

# POSTcards

— From me to you —



You're awesome

That was great

Seriously impressed

Superstar

Shine On!

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feeling...

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# POSTcards

— From me to you —



frustrated  
angry  
happy  
sad  
...?



scared  
worried  
hopeful  
confused  
disappointed

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Got  
Your  
Back

This POSTcard is perfect  
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note or even a drawing.

# POSTcards

— From me to you —



standing  
together  
i care

on  
your  
side  
count  
on me

with you all the way  
you're not alone

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Help

This POSTcard is perfect for short messages, a quick note or even a drawing.

# POSTcards

— From me to you —



i need help

It's Urgent

I Don't Feel Safe

i feel bad

I'm in trouble

do you need help?

can i help you?

ask me for help any time

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**Kicking  
Goals**

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# POSTcards

— From me to you —



Doing well

Great Job

well done

Milestone

All the right  
moves

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# POSTcards

— From me to you —



Good Idea

genius

What if...?

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# POSTcards

— From me to you —



show you care

speak your mind

think

keep trying

bounce back

Stay True

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**Innovative  
Resources**

Need...

The word "Need..." is written in a decorative, cursive font. The letters are filled with various nature scenes: the 'N' shows a green field; the first 'e' shows a sunset over water; the 'd' shows a snowy mountain; the second 'e' shows a person swimming in turquoise water; the 'd' shows a person swimming in turquoise water; and the final 'd' shows a person swimming in turquoise water. The background is a light-colored, tiled floor.

This POSTcard is perfect for short messages, a quick note or even a drawing.

# POSTcards

— From me to you —



help

advice

a friend

family

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a decision

to know

a break

support

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PROUD

The image features the word "PROUD" in large, three-dimensional, silver-foil balloons. Each letter is connected to a red string that hangs down. The balloons are positioned in front of a background of horizontal wooden slats. A large, abstract geometric shape in shades of yellow and orange is visible behind the balloons, partially overlapping the wooden slats.

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# POSTcards

— From me to you —



Proud of You

Proud of Us

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Celebrating Culture

You're great  
Be Yourself



A black and white close-up portrait of a woman with dark, curly hair. She is looking directly at the camera with a neutral expression. The word "Respect" is written in a large, white, elegant serif font across the center of her face, partially obscuring her eyes and nose. The background is dark and out of focus.

Respect

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# POSTcards

— From me to you —



Human Rights

Fairness

Equality

Speak Up

Listen

Justice

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sorry

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# POSTcards

— From me to you —



Please forgive me

Re-load?

Start Over?

I stuffed up

Can we talk about it?

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Stay  
Strong

This POSTcard is perfect  
for short messages, a quick  
note or even a drawing.

# POSTcards

— From me to you —



Believe in Yourself

KEEP GOING

One Day at a Time

Hold On

YOU CAN DO IT

With You All The Way

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**Innovative**  
Resources

Thank you



*This POSTcard is perfect for short messages, a quick note or even a drawing.*

# POSTcards

— From me to you —



- for being you
- for what you did
- for your gift
- I'm grateful
- I appreciate it

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**AN  
WE  
ALK?**

*This POSTcard is perfect  
for short messages, a quick  
note or even a drawing.*

# POSTcards

— From me to you —



Need to speak  
with You

Want to tell  
you something

Please call me

Want to catch up



**Innovative  
Resources**

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alone



*This POSTcard is perfect  
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# POSTcards

— From me to you —



crashed and  
burned but  
walked away

together

by  
myself

Wheredo  
I belong?



**Innovative  
Resources**

Going it  
alone

lonely?

missing  
someone

want to  
connect

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