



## SHOW YOUR TRUE COLORS

The society in which we live is a visual society. The consumption of images, photographs and advertisements dominates our world. It is therefore important to take a critical look at what we see. We are more than just our body, our face and our profile on social media.

This exercise will allow us to move away, for a few moments, from a world that places far too much importance on external beauty.

Who are you? What are your true colors? What are the qualities that make you the person you are, a unique, beautiful and strong person?

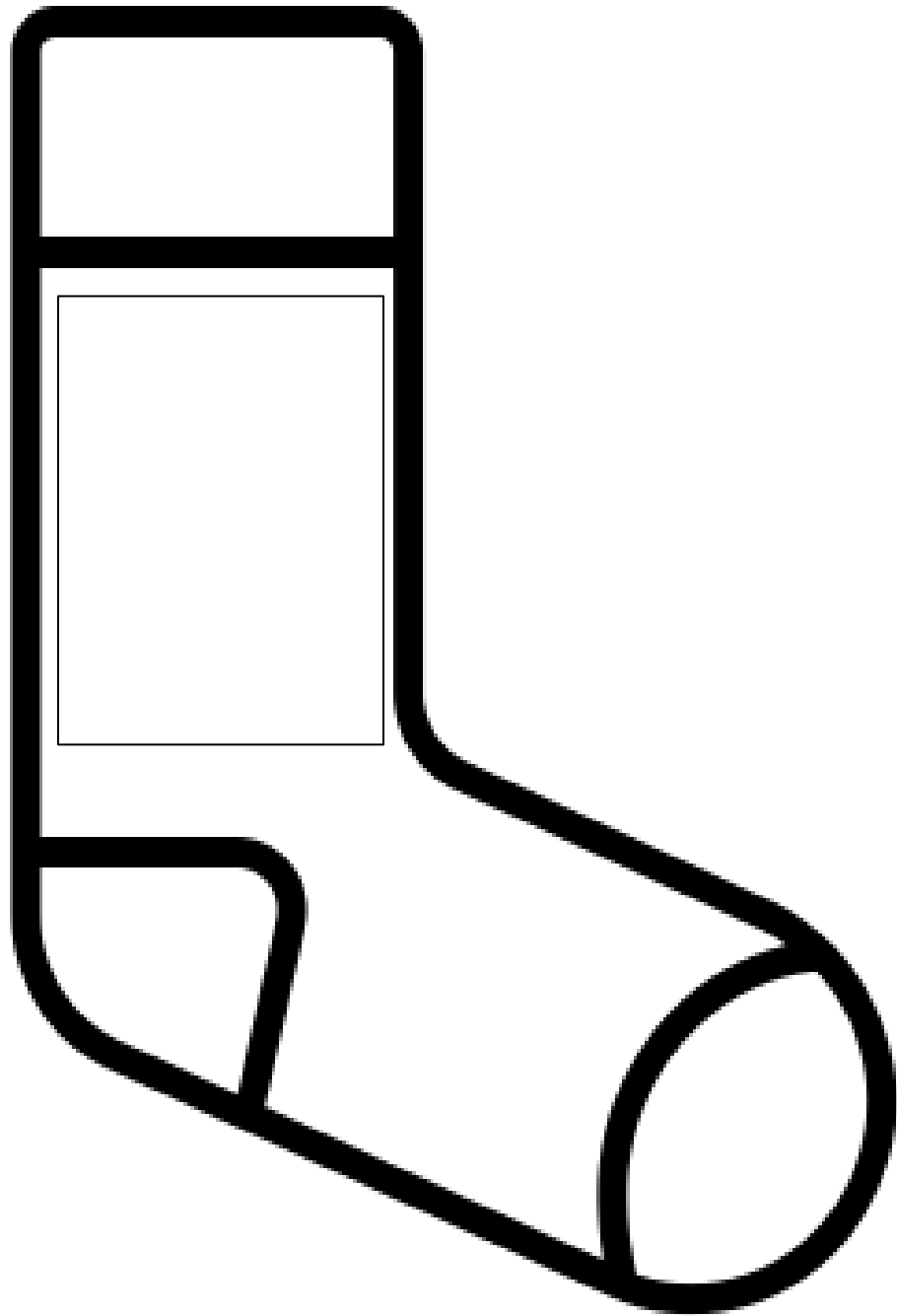
Below, write some intrinsic/invisible qualities that represent you and then display your true colors in your classroom or in the corridors of your school.

**Here is an example**



#sockitoed @anebquebec

**SHARE YOUR TRUE COLORS**



#sockitoed @anebquebec