

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

At times, life is
a roller coaster,
learn to enjoy
the ride



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learn to trust yourself

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning is a journey
not a destination

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives




Do something every
day towards reaching
your dream

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning is
easier with a
support network,
ask for help

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning can
lead to new
friendships

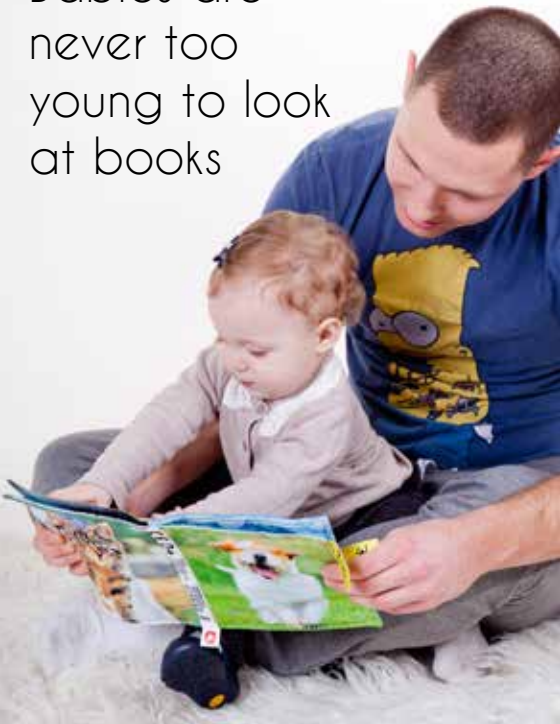
Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Babies are
never too
young to look
at books



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Exercise your brain,
learn something
new today



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Hard to get to a
class? Learn online



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Money a barrier to learning? Ask about grants and support



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Dreams are
free and
can lead
to better
times



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Believe in yourself
there are no age
limits to learning

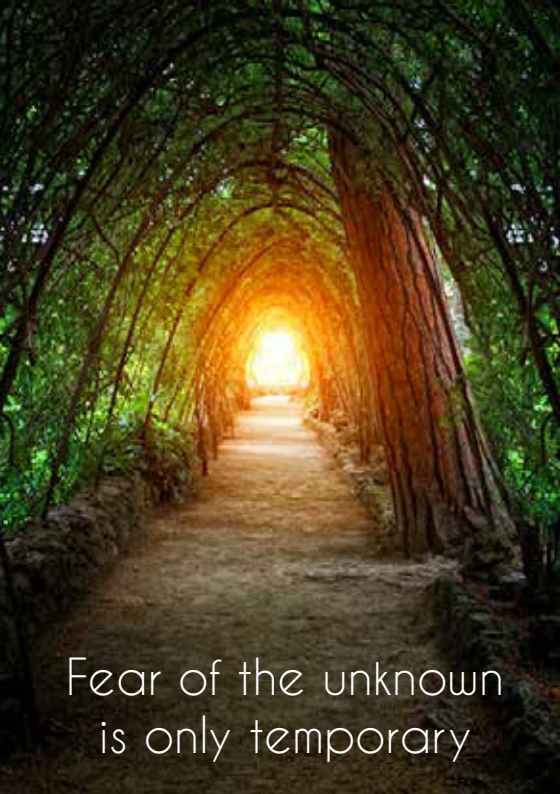


Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Fear of the unknown
is only temporary

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning does take
concentration

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Don't let self-doubt
stop you, don't
give up



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



We can make time to
worry, make time to
learn how not to worry

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Embrace change
don't fear it

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

The more you do it,
the easier it gets



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Success is
measured
by what we
overcome
to succeed



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Everyone had a
first day at school
and were nervous



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

You know
more than
you think
you do



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Meeting new people
gets easier with time

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learn at home if
caring for another or
children means you
can't get to a class

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



So much
learning
can be free!

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning takes
many forms

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Ask for help to
overcome any barriers
to learning

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



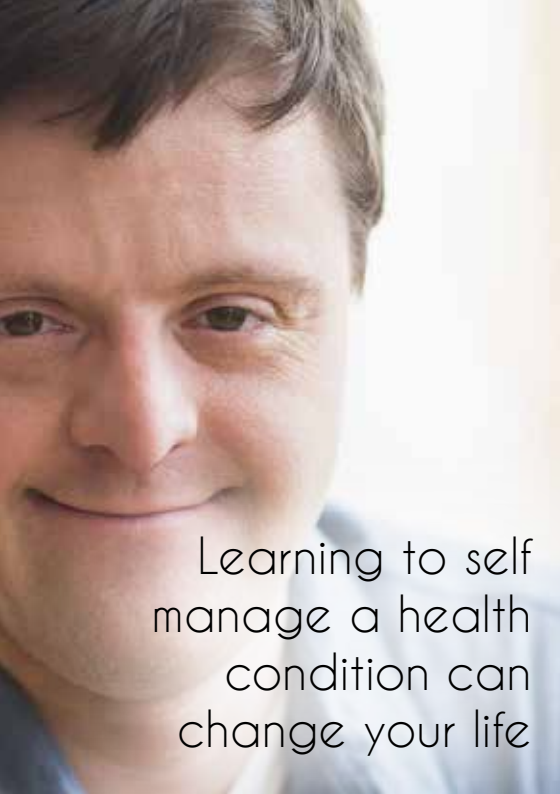
Don't let others
self-limiting beliefs
hold you back

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning to self
manage a health
condition can
change your life

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



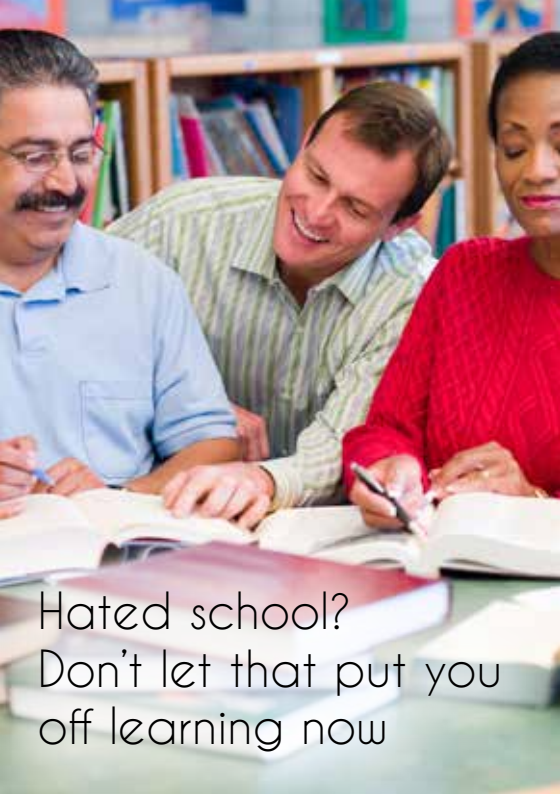
Scared of meeting
new people?
Learn how

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives




Hated school?
Don't let that put you
off learning now

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

A close-up photograph of a hand raised in the air, palm facing forward. The hand is light-skinned and appears to belong to a young person. In the background, other hands are also raised, though they are out of focus. The background is a solid green color, likely a chalkboard or a wall in a classroom. The text "Its okay not to know and ask questions" is overlaid on the right side of the image in a white, sans-serif font.

Its okay
not to
know
and ask
questions

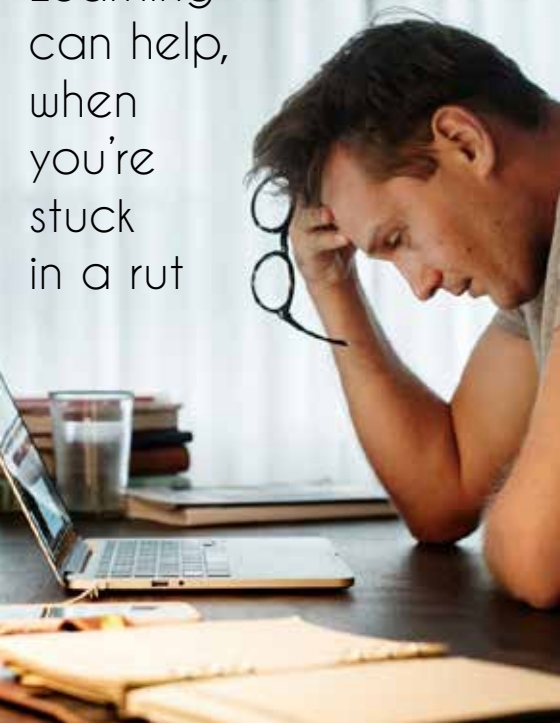
Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Learning
can help,
when
you're
stuck
in a rut



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



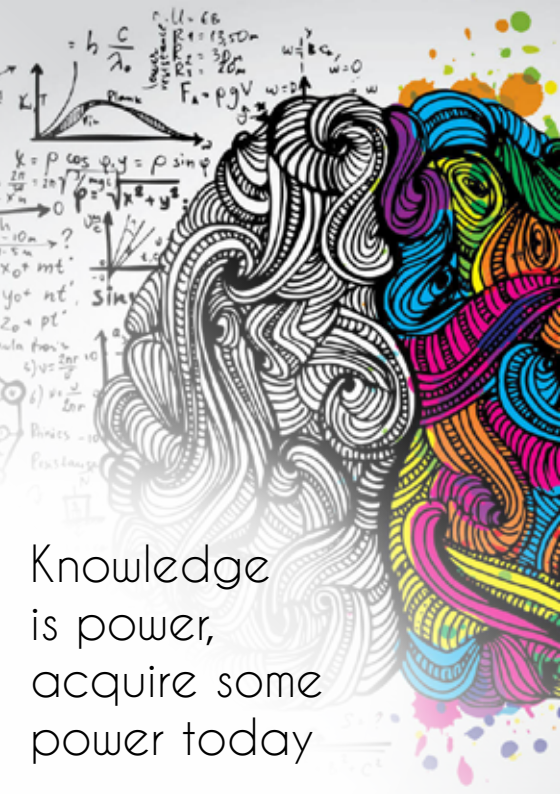
Knowing your
rights can
make life
easier

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives




Knowledge
is power,
acquire some
power today

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

A silhouette of a person in a yoga pose, specifically the Urdhva Dhanurasana (Upward Bow) or a similar variation, is positioned on the right side of the image. The person's arms are raised, and their hands are joined at the tips above their head. The background is a vibrant sunset or sunrise scene with a gradient of orange, yellow, and red hues. There are scattered dark clouds across the sky, and the sun is visible as a bright, glowing orb near the horizon, partially obscured by clouds. The overall mood is peaceful and contemplative.

Sometimes to
learn something
new, we need to
clear our mind

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Who
When
Where
How
?

Don't assume
everyone else has the
answer, everyone is
learning all the time

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

You have an
important contribution
to make to the world



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning isn't all about
books, some things
come from the heart

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Sometimes we need to
learn, before we learn,
and that's learning too




Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

A dirt road curves through a lush green landscape. On the left, tall grass and large trees with dense foliage line the path. The road itself is light brown and leads towards a bright, open area in the distance. The overall scene is peaceful and natural.

Its not where we came
from, its where we are
going we need to
focus on

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Learn to relax



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learn to have
fun again

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learn to open up
and talk about how
you feel

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Others who have
been there have a
lot to teach

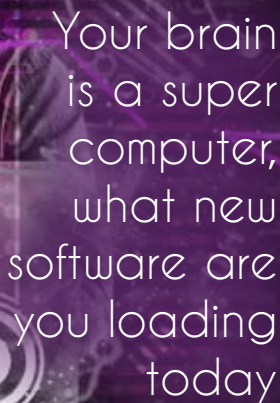


Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Your brain
is a super
computer,
what new
software are
you loading
today

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

An aerial photograph showing a dirt road that splits into two paths at a junction. The road is light brown and shows signs of being driven on, with some tire tracks visible. The surrounding area is covered in dense green vegetation, likely trees and bushes. The lighting suggests it might be late afternoon or early morning, as the shadows are soft.

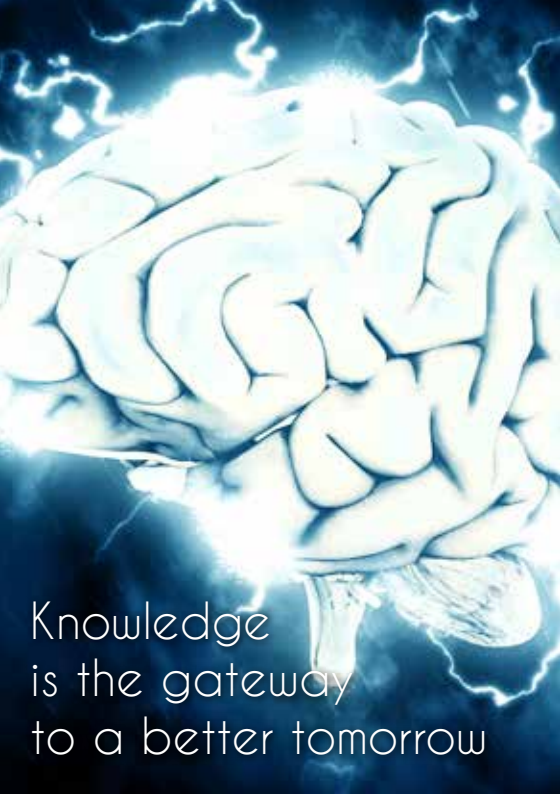
Even when choices
are few, look for
alternatives

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Knowledge
is the gateway
to a better tomorrow

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Learning can lead
to a better job and
more money



Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



We're all teachers, what's
your lesson for the day?

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Learning a new language
means I can say I like you
to more people

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives



Getting it wrong,
is part of learning
to get it right

Every day is an
opportunity to learn
something new



COPE
scotland

Different Choices Different Lives

Drop can't or won't
they limit what
you can do

