

BREAK FREE

Made for your mind to move.

Issue One:
know your light

Quick Hits

Joke

Why didn't the sun go to school?

Riddle

I light up faces, not rooms. I come
from joy, not a switch.

Did you know?

The speed of light is 186,000 miles
per second.

Get Thinking!

Can you name 5 things that give
off light but aren't the sun or a
lightbulb?

Sudoku

6				8			5	
5	8		6	7		4		
		2			1	8		3
1		9			4			2
				6	7		3	4
	4	6		9		5		
8			9					6
4		5		3	6	1		
		1		2			9	5

My Headphones, My World

FINDING YOUR LIGHT THROUGH LYRICS

Sometimes, a song's lyrics can feel like a secret conversation just for you. They can remind you of your own strength and worth, especially when you need it most.

"And the world is gonna know your name 'Cause you're on fire And the world is gonna know what you're made of When you're on fire" -Alicia Keys, "Girl on Fire"

Here is a list of songs that have incredibly powerful themes. Which songs would you add to this list?

1. "Waves" by Dean Lewis
2. "Lose Yourself" by Eminem
3. "Golden" by Harry Styles
4. "Ain't No Mountain High Enough" by Marvin Gaye & Tammi Terrell
5. "Somewhere I Belong" by Linkin Park
6. "Love Yours" by J. Cole
7. "Three Little Birds" by Bob Marley
8. "Alright" by Kendrick Lamar
9. "Let Her Go" by Passenger
10. "Roar" by Katy Perry
- 11.
- 12.

Reflection Question: What's a song that helps you feel centered, brave, or calm? What about it makes you feel that way?



Comforting Songs

A song that brings me comfort is DeJ Loaf's **"No Fear"** because it brightens my day and lets me know that even though I'm in JDC, that doesn't mean I can't still be happy. - **TP, TX**

The songs that bring me comfort are **"Home"** and **"Hikaru."** They comfort me because they are slow and soothing music. Also, the songs bring me some kind of nostalgia of good memories in my life. Another reason why I love these songs is because I really love songs where you can clearly hear the melody. I also don't like homemade beats, so I tend to listen to music with more instrumental sounds. - **JM, TX**

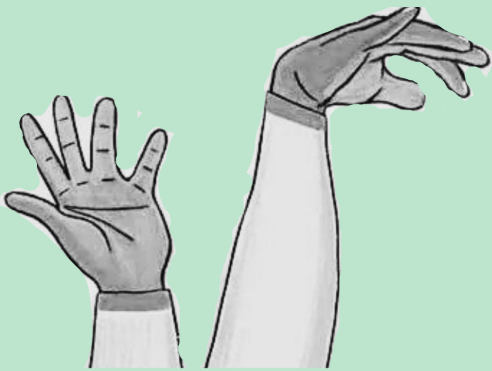
A song that brings me comfort is **"La Luna Sabe"** by La Santa Grifu. It brings me comfort because I can chill to that song when I'm happy, sad, or mad. This song will always calm me down. The song talks about his life and events that happened to him. I love this song because I can relate to it; it explains half of his life and also mine.

- **AVC, TX**

TRAIN THE MUSCLE, TRAIN THE MIND,

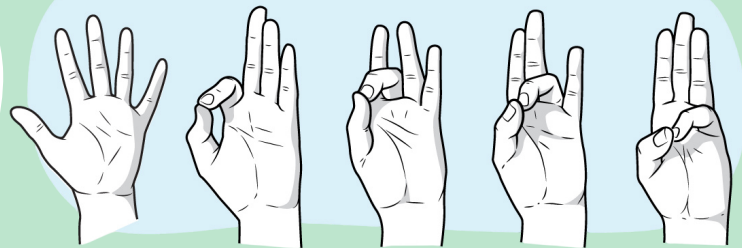
OFF-COURT SHOOTER'S WORKOUT

WRIST FLICK REPS



Raise your shooting hand and practice your follow-through—wrist flicked, fingers pointing down like you just sank a free throw. Do 10 slow, focused reps. This reinforces shooting form and muscle memory, no ball required.

FINGER TAPS



Hold your hands out in front of you like you're palming a ball. Rapidly tap your thumbs to each fingertip—index, middle, ring, pinky—then reverse.

Keep a steady rhythm for 30 seconds. This builds finger speed and control for better ball handling and grip.

SHADOW SHOOTING



Imagine you're on the court. Set your feet, bend your knees, and go through the full motion of your jump shot—without a ball. Visualize the shot going in. Do 5 full reps. This keeps your mechanics sharp and strengthens the mind-body connection.

BIO Poem

by SJ, FL

TADA!



SJ is....

Artistic, nonchalant, and somewhat devious

Loves people, Nature, and music

Good at acting, expressionistic art,
and influencing others

Feels vulnerable, euphoric, and protective

Needs understanding from others,
empathy, and privacy

Wants someone who I care for, money,
and a better reputation

Fears creepy crawly things, dark places,
and deserted places

Likes to eat foreign foods, seafood, and spicy foods

Watches time go by, the stars through the window,
and TV but rarely

Is a resident of Pensacola FL, Escambia County Jail

ADVICE I WON'T FORGET

By AV

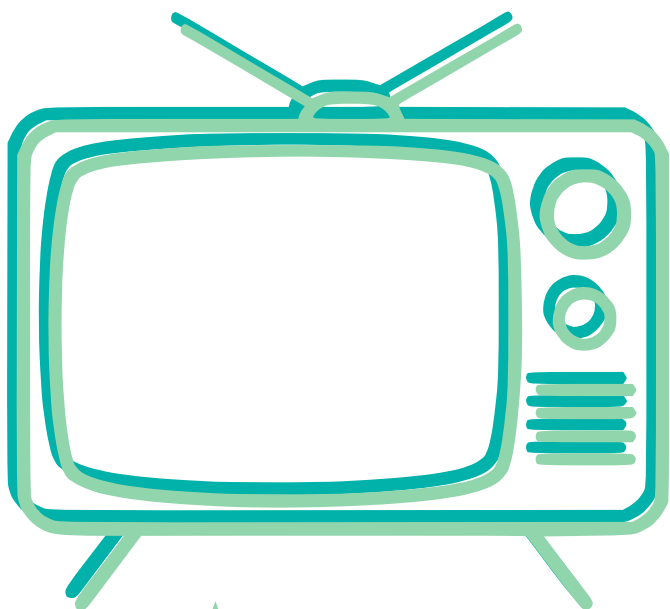
Academy for Academic Excellence, Texas

I know I don't have anything because I'm in a correctional facility, but of the moments I've learned, as far as I can remember, is a special quote that still carries me wherever I go. Even in difficult situations, I still remember it. It's a classic, so you will know what I'm talking about. "Never give up." Yes, that's the one. Being in this juvenile facility isn't easy. I have ups and downs, too. Easy and hard challenges like the rest of you. We've all got that in common, if you know what I mean. But with every obstacle that is in your way, when you feel too down because it's hard to remember what I've said, "Never give up." So get up because you never know what special things the future will have for you, my friend.

TOP 10 T.V. SHOWS

by OJ in TX

1. Rick & Morty
2. Gravity Falls
3. Lab Rats
4. Craig of the Creek
5. Outer Banks
6. On My Block
7. Stranger Things
8. Victorious
9. Pretty Little Liars
10. The Vampire Diaries



STUDENT ARTWORK

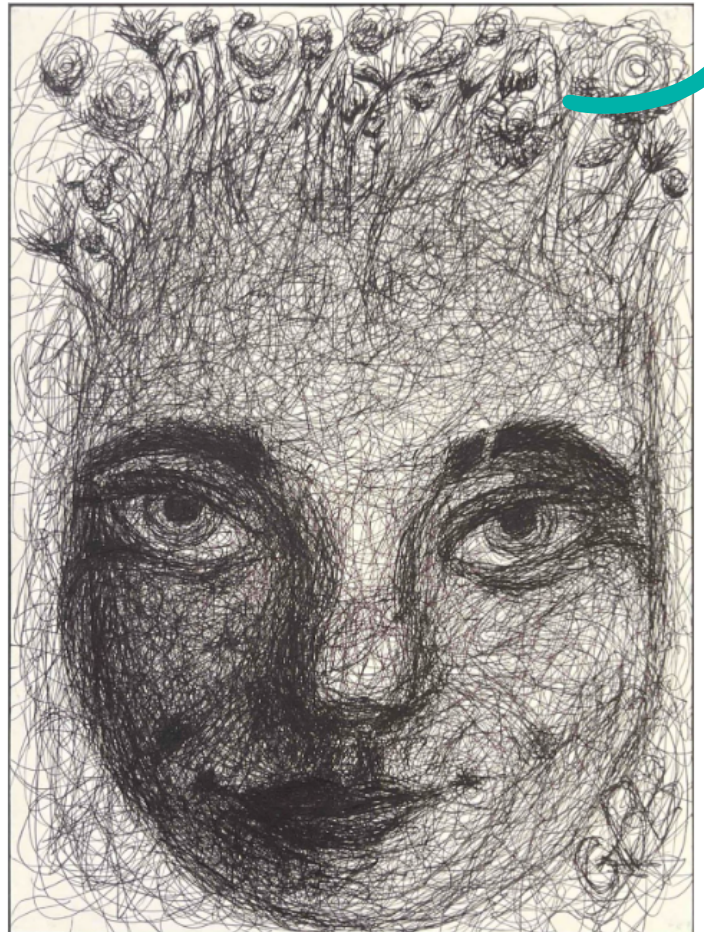


Student from WV

My mind is always in the clouds, always in my thoughts. I look at the birds in the sky and wonder about my future.

Student from WV

From afar, I look like a mess of scribbles--unkempt and rough; looking closer may tell a different story. Kids aren't as bad as they outwardly appear to be. Every "bad" kid deserves a double take.





What If You're Already Enough?

Written by Christina, BreakFree Education

“You alone are enough. You have nothing to prove to anybody.”

—Maya Angelou



There's a voice that follows a lot of people around. Sometimes it whispers. Sometimes it shouts.

It says: You should be better by now. You're not doing enough. You need to change.

That voice can get loud—especially in places where it feels like you're constantly being judged, tested, or labeled. It can be easy to start believing you're only worth something if you're achieving more, acting different, proving yourself. But what if that's not the full story?

What if you're already enough?

Why We Think We're Not

It's human nature to notice the negative. Our brains are wired to spot threats and remember mistakes—that's part of how we've survived as a species. If something hurt us before, our minds try to keep us safe by reminding us not to do it again. That might mean remembering rejection more than praise. Or doubting our talents before trusting them.

If you've been through trauma, instability, or a life experience that's made you feel “less than,” your brain might work even harder to find danger and

defend against it. That's not a flaw. That's a survival skill. But it also means you might believe something's wrong with you—even when that's not true.

Quiet Strengths Count, Too

Some strengths are loud. Others are quiet. And the quiet ones often go unnoticed.

Maybe you got through a hard day without giving up. Maybe you stayed calm when you felt angry. Maybe you helped someone else feel seen. Maybe you made yourself laugh.



These don't show up on report cards or certificates. But they're the foundation of resilience. And resilience is power.

You don't need to change everything about yourself to be worthy. You don't have to be perfect to be growing. You are already becoming.

Believing You're Enough Isn't Arrogance—It's Healing

Sometimes, people think being confident means being cocky. But believing you're enough doesn't mean thinking you're better than others. It means knowing your worth even when things are hard. It means choosing not to define yourself by your worst moment.

The world may not always reflect your value. But your value is real anyway. You are not a project to fix. You are a person—figuring things out, just like everyone else.

Ways to Practice Believing It

Learning to believe in your own enough-ness doesn't happen overnight. But like any skill, it gets stronger with practice. Here are a few small ways to start:

- Ask yourself daily: What's something I handled well today? Even if it's tiny. Give yourself credit.
- Write a letter to your past self. Tell that version of you what you've survived. What you've learned. What they wouldn't believe about how strong they became.
- Notice your inner voice. If it's mean or critical, ask: Would I say this to someone I love? If not, try saying something kinder.

Reflection Prompts:

- What have I done recently that I'm proud of, even if no one else noticed?
- When do I feel most like myself?
- If I believed I was already enough, what would I stop apologizing for?
- What makes me valuable—no matter where I am?

YOUR ENOUGH LIST

Write down five things that make you you—things you're proud of, things that help you keep going, or things no one else may notice but matter to you. Big or small, they all count.



EXPLORING MY LIFE

By Jarvis
New Bridge High School, Oregon

Growing up in poverty,
My imagination would run wild.
Hit by reality,
Made it hard to smile.

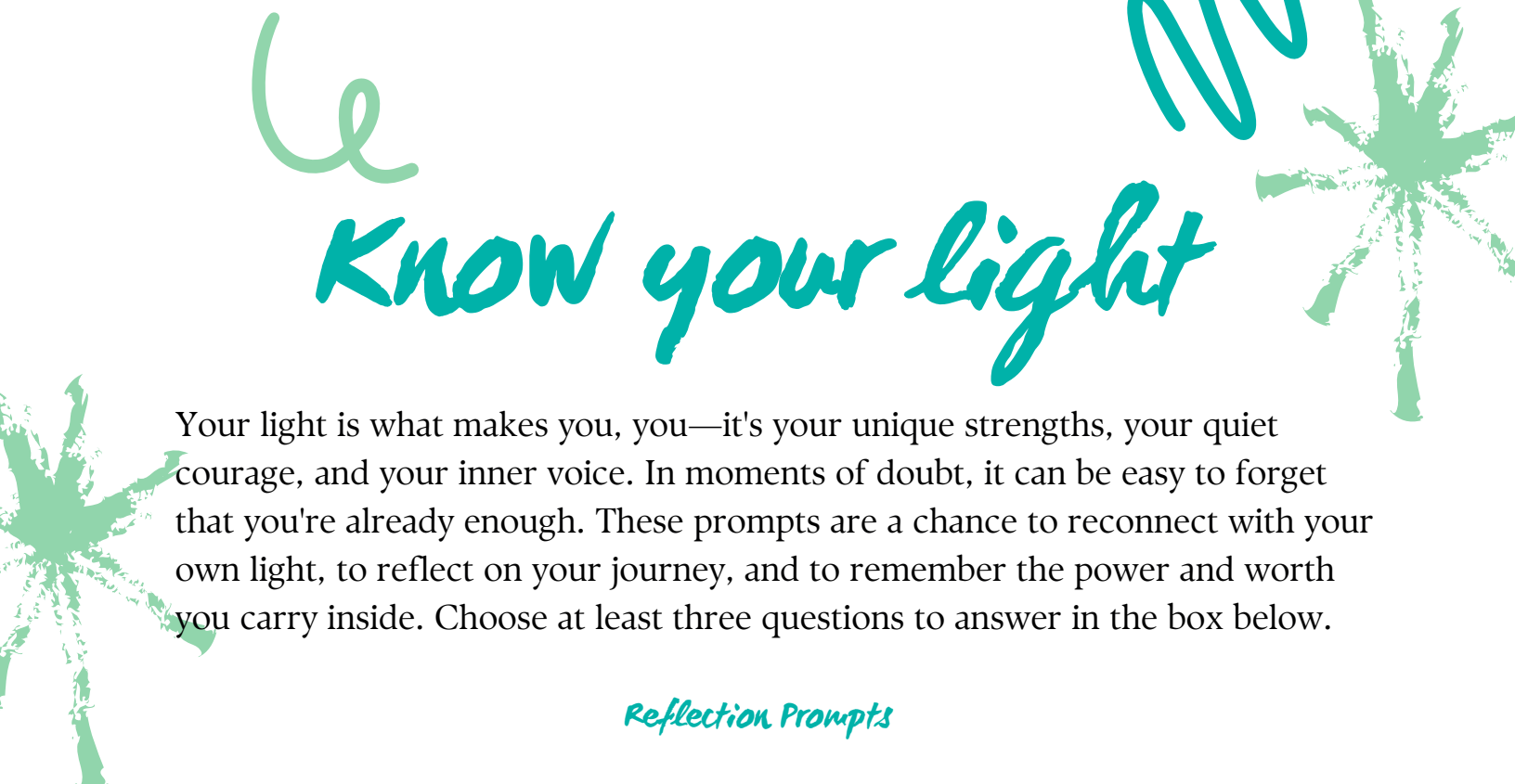
Trials and tribulations,
Nothing seemed to help.
Experiences of frustration,
Cause no-one knew how I felt.

The journey of my life is rough and rigid,
But through my incarceration I learned how to cope.
There is no way to change it,
But in God I have faith, and for a new life I have hope.

So close to release,
So much is unknown.
Opportunities to seize,
More exploring to go.

Figuring out who I want to be,
Figuring out where I'm going to go.
When they let me free,
I can finally rest my soul.

**WHAT NEW LIFE
WILL YOU BUILD
WITH THE HOPE
YOU HAVE FOUND?**



Know your light

Your light is what makes you, you—it's your unique strengths, your quiet courage, and your inner voice. In moments of doubt, it can be easy to forget that you're already enough. These prompts are a chance to reconnect with your own light, to reflect on your journey, and to remember the power and worth you carry inside. Choose at least three questions to answer in the box below.

Reflection Prompts

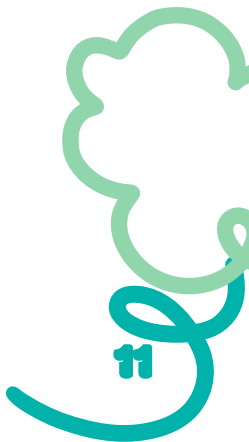
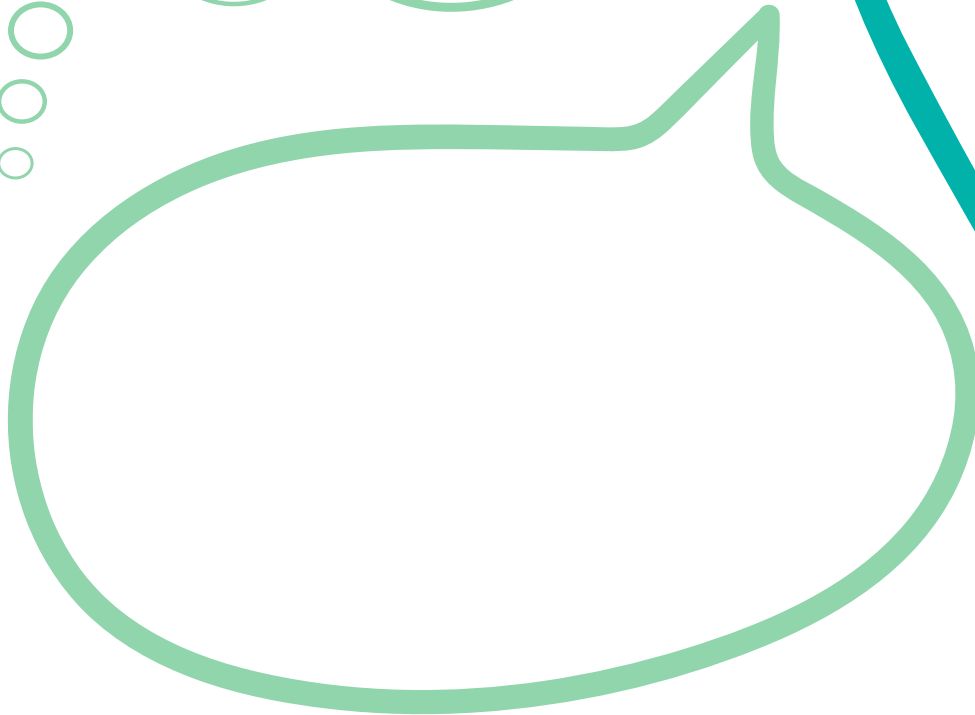
- What is a small, quiet strength that I have?
- What does my inner "light" feel like, and how can I share it with others?
- Think of a time when I overcame a challenge. How did that experience show me my own resilience?
- What is one thing I have learned about myself that I want to remember on a tough day?
- How does being kind to myself help me shine brighter?
- What is a dream or goal that I have for myself, and what is one small step I can take to get there?





MINDFUL DOODLING

Explore your thoughts, feelings, and expressions by using different colors and shapes to visually represent your connection to the light within. Answer below by adding what you think, feel, and say about the light within you.





Answer: a smile

To submit your work,
head to our website:
www.breakfree-ed.org/magazine.

