

You have to do a presentation in front of the class. You are feeling very nervous.

"It's okay to feel nervous, but I know I did a good job on my project, and my presentation will be great!"

You feel like you don't have as many friends as other people in your school. This makes you feel sad.

"I may not have as many friends, but I really like the ones I do have."

You lose every time you play basketball with your friend.

"I may not be good at basketball, but there are many other things I am great at!"

You have a big test coming up and you feel really nervous about it.


"I studied hard for this test, and I am a good student. I know I can do it!"

You feel like you are always getting in trouble.

"I can't control how other people react, but I can control the choices I make. I can make better choices."

You got a bad grade on your book report.

"I did my best. I can learn from my mistakes, and do better on the next one."



I AM



Smart



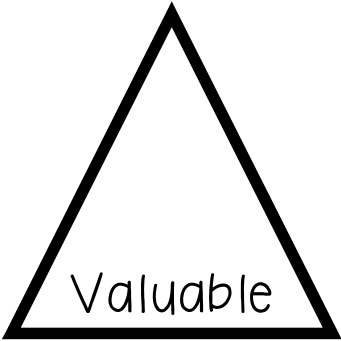
Important



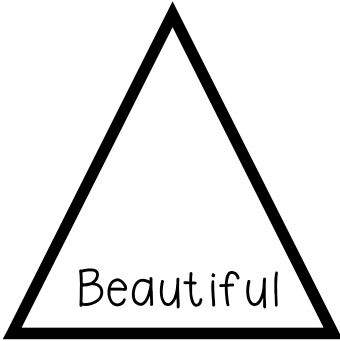
Capable



Strong



Valuable



Beautiful



Loveable



Special



Successful



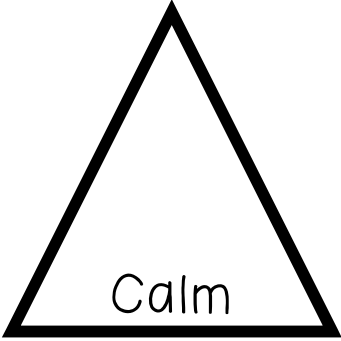
Brave



Confident



Kind



Calm



Proud



Talented



Happy

What is something positive you could tell yourself when someone says something mean about you?

What is something positive you could tell yourself when you are stuck on something?

What is something positive you could tell yourself when you are trying something new?

What is something positive you could tell yourself when something doesn't go your way?

What is something positive you could tell yourself when you do something great?

What is something positive you could tell yourself when someone does something you don't like?