

**I am smart!
I am special!
I can do hard things!**



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**I can make good choices!
I can listen to my teachers!
I'm going to have a great
day!**



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**I am awesome!
I am unique and special!
I believe in me!**



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**I am kind!
I am a good friend!
I can help others!
Kindness is my
superpower!**



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**I am calm!
I am happy!
Today will be a fun and
happy day!**



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**I believe in myself!
I can work hard!
I can accomplish anything
I set my mind to!**



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**When I feel angry or mad,
I stop and take a break.
I breathe in and out.
I feel myself
becoming calm.**



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**I am a good person,
even if I am angry.
I can calm myself down.
I'm in control!**



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**Breathe in and smell the
flower.
Breathe out and blow the
candle out.
I am calm.**



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**Hands on my head,
it's time to focus.
Hands on my ears,
it's time to listen.
Hands on my heart,
it's time to be still.**



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**I put my hand on my
heart and feel it beat.
I focus on the breaths I
take in and out.
I make my body very still.
I am focused and ready.**



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**I am creative!
I can use my imagination
to create amazing things.
I can create something
awesome today.**



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