

**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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