

## How does SAD feel in my body?



I don't want to eat.



I want to go home.



My eyes feel watery, and I want to cry.



My whole body feels down.



I want to snuggle in a safe place.



Nothing excites me.

## What helps me when I feel SAD?



talk to someone

ask for a hug



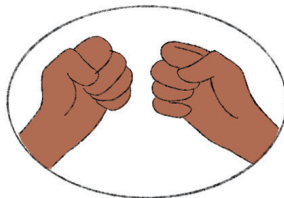
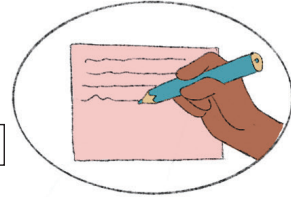
do something I enjoy

think of a happy memory



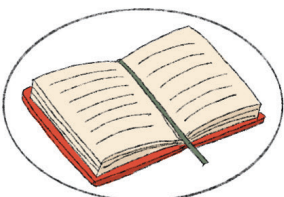
get a drink of water

write a letter



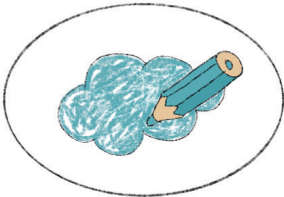
squeeze then relax  
my muscles

take extra long  
breaths



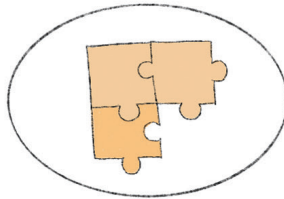
read a book

tell to myself — all  
will be good



draw or color

stretch



build something or  
do a puzzle

give my stuffed animal  
a hug





# What inspires ME?

Please think of examples.

Books

Music

Nature

Art

Pictures

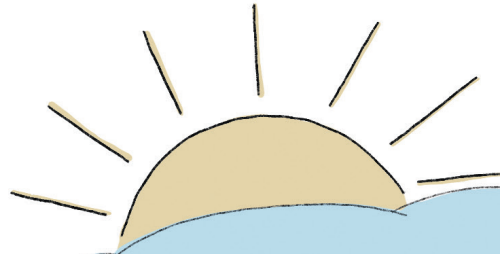
People

Events

Food

Color

Sport



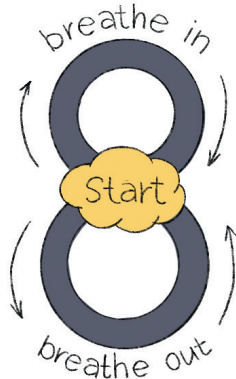
This is someone whom I miss  
and want to see again soon

A large, empty rectangular box with a blue border and rounded corners, intended for drawing or writing. The box is positioned below the cloud and occupies most of the lower half of the page.

# I can breathe like that

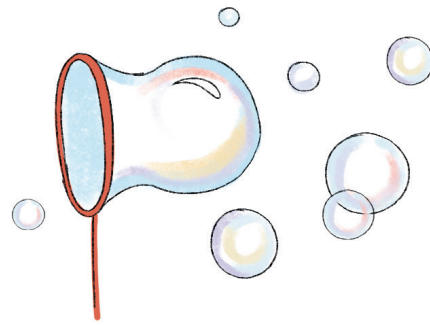


## Lazy 8 Breathing



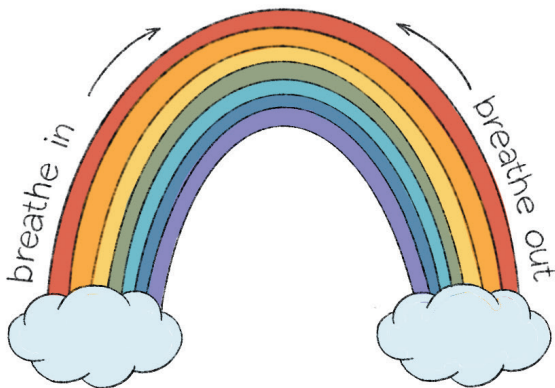
Draw a number 8 while slowly breathing in through your nose and breathing out through your mouth.

## Bubble Breathing



Imagine, that you are blowing bubbles. Take a deep breath through your nose and slowly breathe out through your mouth.

## Rainbow Breathing



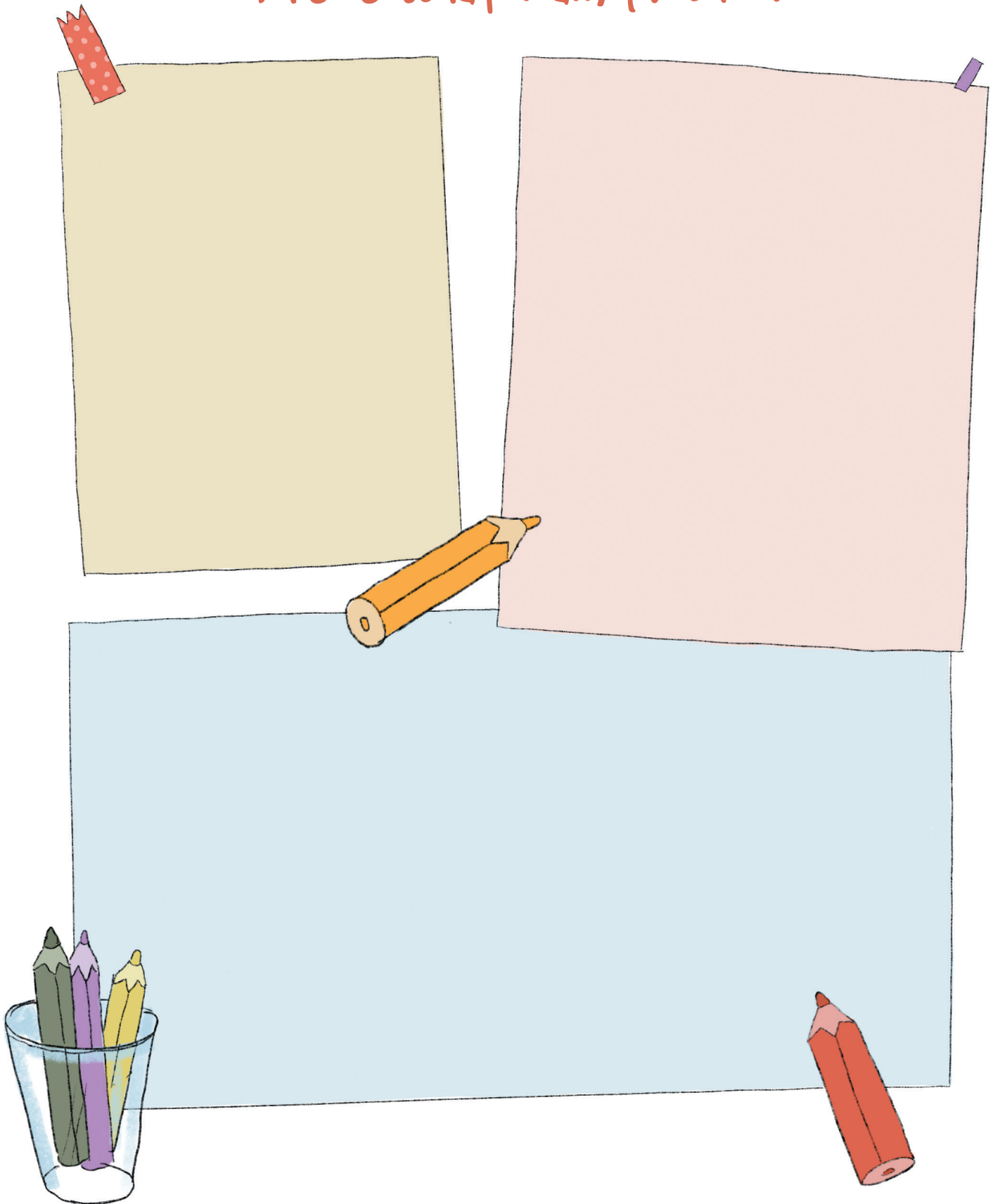
Travel the rainbow from one cloud to the other. Breathe in when you travel to the right and out when you travel back. Trace every color.

## Balloon Belly



Imagine a balloon in your tummy. Can you blow it big by taking a deep breath? Then, breathe out. Try again!

## This is what I am proud of



## I can think positively



I went fishing but did not catch anything.

I almost won a running competition but at the very last moment I lost.

My little brother broke the LEGO castle that was nearly done. Now I have to start again.

My friend Fin got sick and our sleepover got cancelled at the last minute.

I thought Anna was my friend, but today I heard her saying bad things about me behind my back.

I've studied so much for this test. I was sure I would do well. However, I did not. Why am I such a loser?

I like building LEGO castles. I can build an even better one next time. Shall I ask my friend Tom to come and build it with me?

I've learned my lesson. I should have spent more time preparing for the test. Good that I still have enough time to prepare well for the next one.

The weather was great. It was so enjoyable to be out!

It's good that now I know I should be careful with her. I was lucky to learn that before I told her all my secrets.

I did well! It was a great way to prepare myself for future competitions. And it was so much fun!

It's not so bad. At least now I have enough time to finish this interesting book I am reading. I can have a sleepover at Fin's house once he feels better.

Cross out what is wrong



Understand what you've done wrong.



Come up with a plan to fix things.



Apologize.



When I feel  
**ASHAMED**  
I can...



Try to forget about it.



Blame someone else for it.



Never admit your guilt.



Ask an adult for an advice.





I can draw **MY FEAR** ...

A large, empty rectangular frame with a light blue border and rounded corners, intended for drawing.

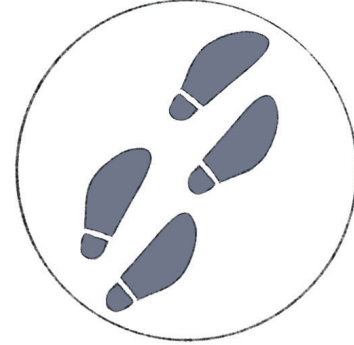


... in a **FUN** way

## Cross out what is wrong



Say "It is not fair!  
Friends do not do  
such things!"



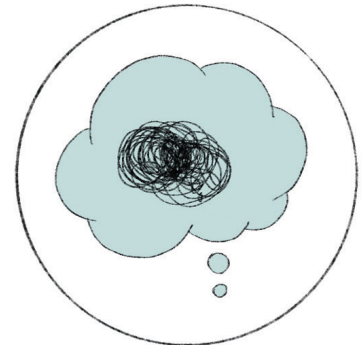
Don't say anything,  
just walk away.



Don't tell  
anyone.



**When I am  
OFFENDED  
I can...**



Just try to  
forget about it.



Explain, what exactly  
offended you.

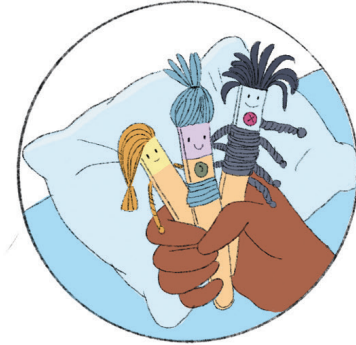


Suggest a plan to  
fix things.



Ask an adult for  
an advice.

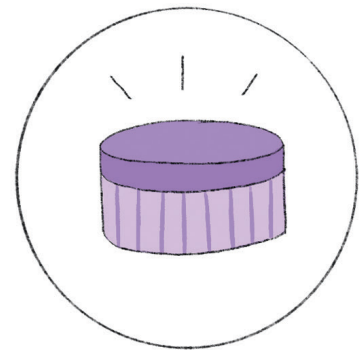
## How I Can Use my Worry Dolls



I put them under my pillow at night, to take my worries away.



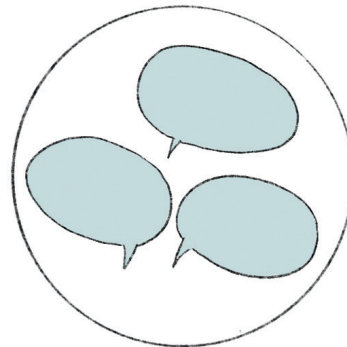
I tell my worries to them.



I keep them in a box and take them out only when I need their help.



I sail them away to take my worries away.



I give them cute and funny names.

# My steps to solve a problem



S

State the problem

T

Think of what you are doing wrong

E

Evaluate possible approaches to the task

P

Pick the best approach

S

Stay positive and keep working

## These phrases help me on the way



## Cross out what is wrong



I say "Stop! You have no right to do that!"



I pretend that nothing is wrong.



I agree to do as they say.



I ask my friends to help me.



I stand up straight. Hold my head up.

## How I stand up to bullies...



I try to hide so that bullies do not see me.



I don't tell an adult.



I tell an adult.



I don't show that I am upset.





## Self-esteem sunglasses



I am so bad at sports.



One can't be the best at everything. I have many other talents.



I am not as beautiful as Katie.



I only compare myself to myself. I am perfect just the way I am.



I failed the test... again. Why am I so dumb?!



I believe in myself and my abilities. I am learning at my own pace.



It's too hard for me. I can't do it.



All of my problems have solutions.

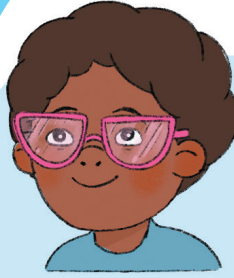
# I Can Use self-esteem glasses



Nobody likes me in school.



Nobody likes my ideas.

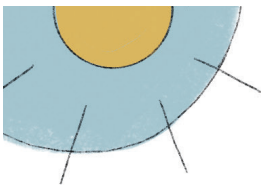


I can never draw as well as Tim.



I am not smart enough.





## My positive thoughts and affirmations

1. I have many talents.
2. I have a great personality.
3. I am a good person.
4. Today is going to be a great day for me.
5. Making mistakes helps me grow.
6. My thoughts and feelings are important.
7. It's my character, not my appearance, that counts.
8. I love being me.
9. I am perfect the way I am.
10. I am special and unique.
11. I have a big heart.
12. I love my body.
13. I don't have to be perfect to be worthy.
14. I don't have to follow the crowd.
15. Today I choose to be proud of myself.
16. It's ok to take time for yourself.
17. My family loves me for the person I am.
18. If I want to, there is nothing in this world I cannot do.
19. I am kind and friendly; that's why people around me enjoy my company.
20. I remember that bad feelings come and go.
21. Every day brings a new opportunity.
22. I'm not afraid of a challenge.
23. Next time I will do my best.
24. Challenges make me strong.
25. I get back up when I fall.
26. I am capable of more than I know
27. I am proud to be different.
28. Today is a fresh start.
29. Giving my best is enough.
30. I can choose to think positively when things are hard
31. I am building my future.
32. I can learn anything I put my mind to.
33. All of my problems have solutions.
34. I can cheer myself up when I'm down.
35. I will have a great day no matter what.
36. My thoughts and feelings are important.
37. I can stand up for what I believe in.
38. It's OK to ask for help.
39. I'm fun to be around.
40. I am not afraid of problems, and I am smart enough to solve them.
41. No matter if people say I cannot do it, I know I can.
42. If I don't get it right the first time, I can try again
43. I get better every single day.
44. I feel happy and excited to experience new things.
45. Today, I will shine.
46. I am a natural winner.
47. I choose joy.
48. I can be anything I want to be.
49. I deserve to be loved.
50. I am open and ready to learn.



## I can say "I am sorry"





## When I am in despair...

I can scream it out.

It's ok to cry.

I know my grief will go away, even though it is hard to believe.

It helps to talk to my parents about it.

I can make a memory box.

I can ask for a hug.

A worry doll can help too.



# How can I help to someone in despair?

I can give him a hug.

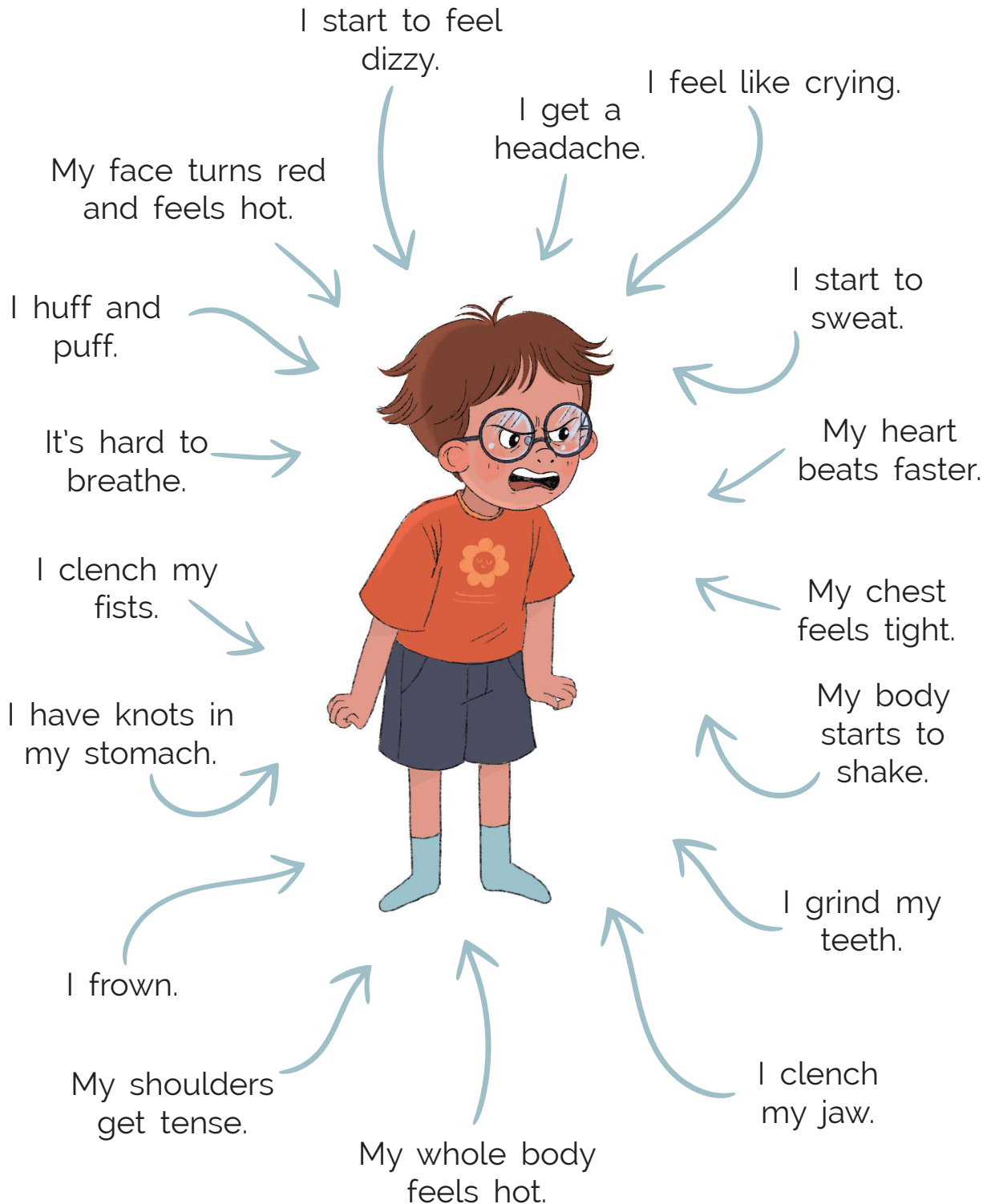
I can say "I am here for you".

Invite to play or do something with me.


I can always be there to support.



## My Anger Warning Signs



# What can make me angry



Careful,  
anger!



# Angry

rejected

offended

regret

guilty

envious

hurt

scared

embarrassed

helpless

grief

frustrated

overwhelmed

bullied

disrespected

tired

stressed

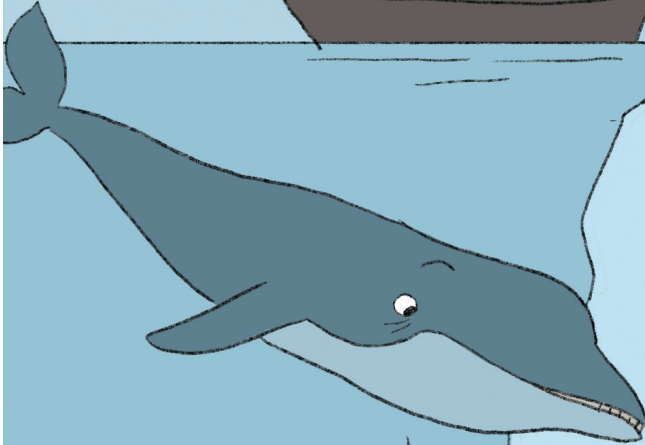
lonely

unsure

trapped

disgusted

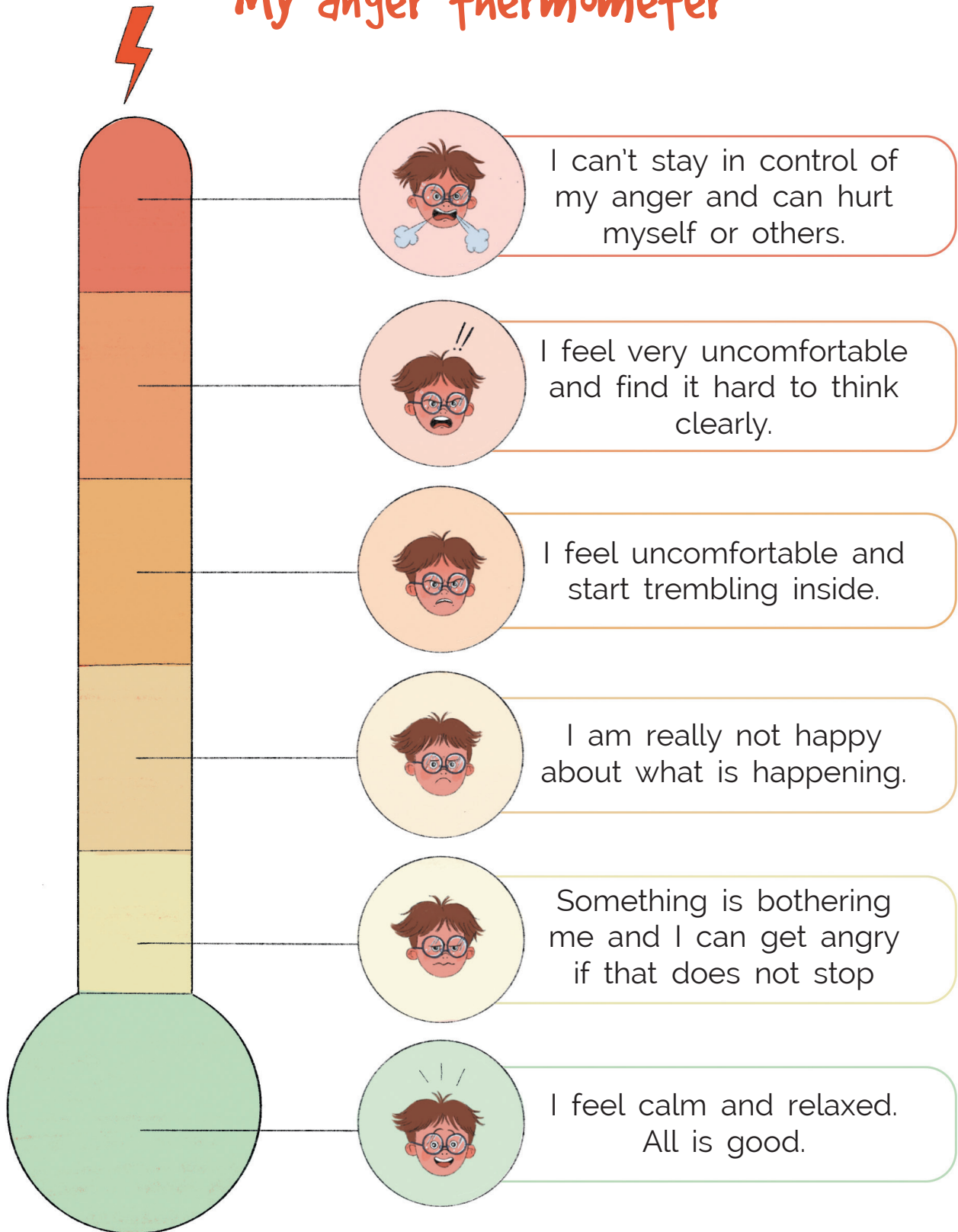
uncomfortable



And what  
is hidden in  
the depths?



## My anger thermometer



## Helpful or not?

Cross out what is wrong



# This helps me calm down when I am angry



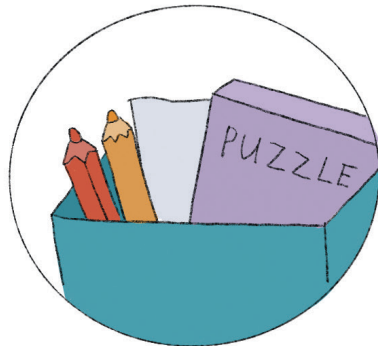
Bounce a ball.



Count to 20.



Stretch or do yoga.



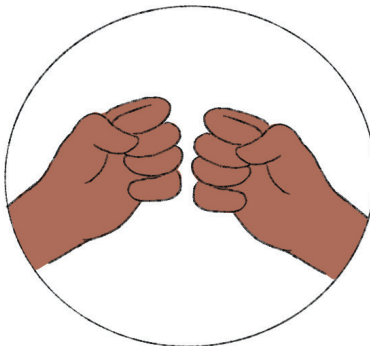
Anger rescue kit.



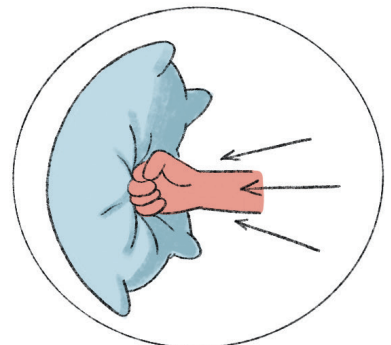
Drink some water.



Breathing exercises.



Squeeze and then release my muscles.



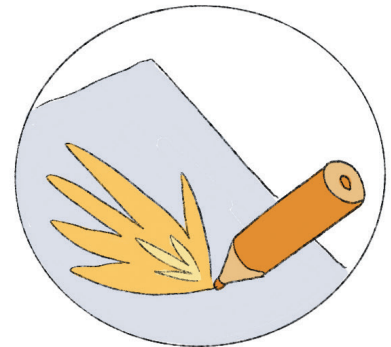
Punch a pillow.



Write about your anger.



Use my deep breathing techniques.



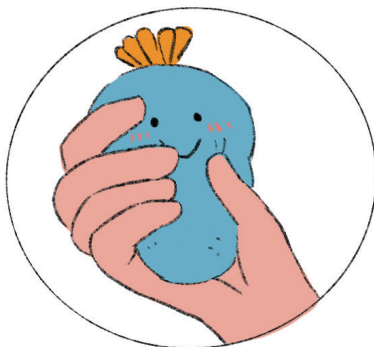
Draw your anger.



Do 50 Jumping Jacks.



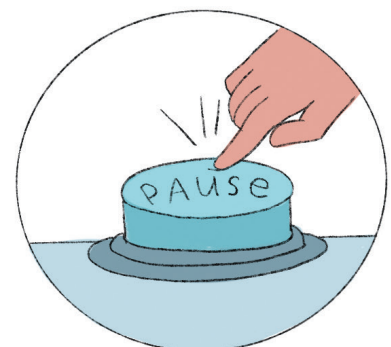
Push a wall.



Take it out on a squishy.



Talk about your anger.



Take a break.



What I love about  
my sibling(s)

A large, empty rectangular box with a light blue border and rounded corners, intended for writing.