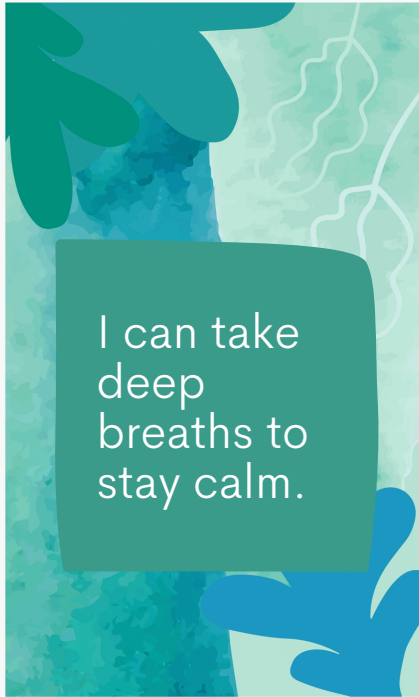





My
mental
and
physical
health
matters.



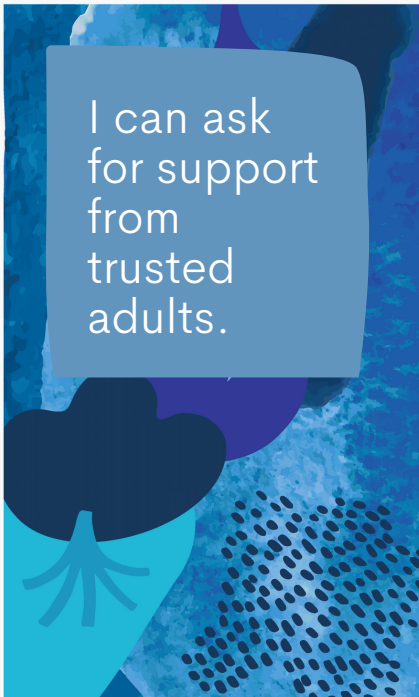
I can take
deep
breaths to
stay calm.



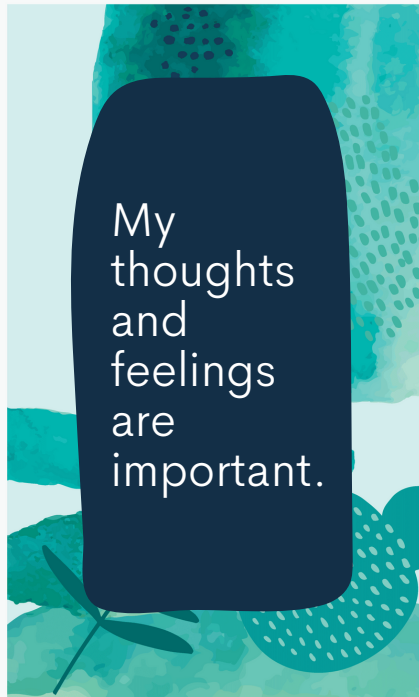
My
challenges
and
mistakes
help me
grow.




I am
not
alone.




I can ask
for support
from
trusted
adults.




My
thoughts
and
feelings
are
important.




I am
resilient.



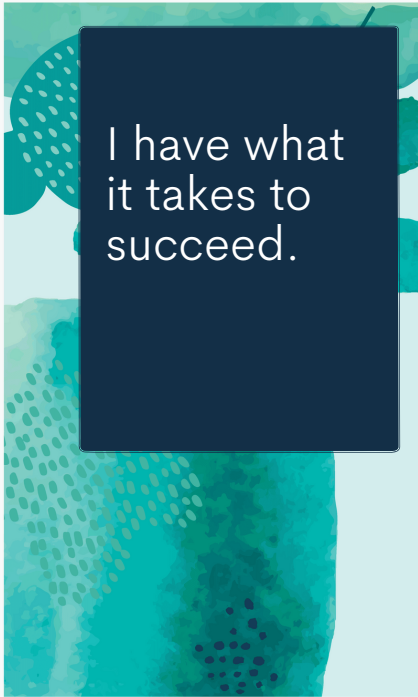
I am open
and ready
to learn.




I am learning to be a good friend.



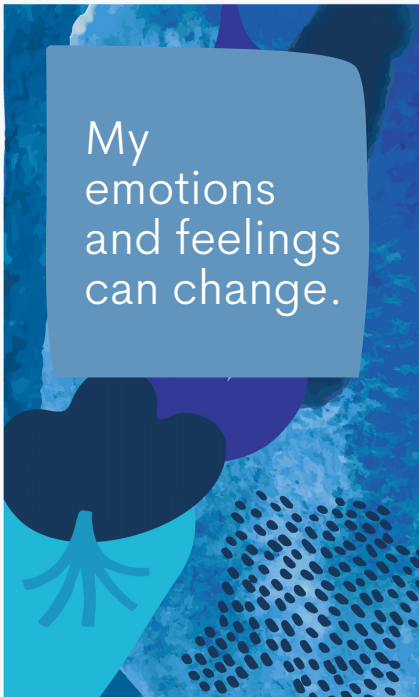
I can celebrate everyone's differences.




I have what it takes to succeed.



I am learning right from wrong.



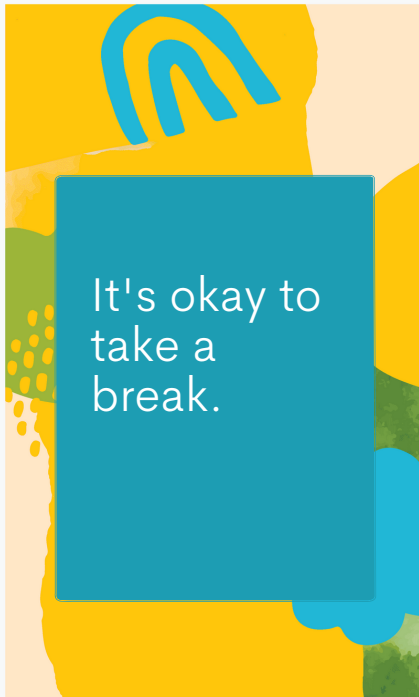
My emotions and feelings can change.




I am learning to control my response.




I am safe.




It's okay to take a break.



I belong
and
am
loved.




I can
celebrate
everyone's
differences.




My goals
are
achievable.




The
world
needs
me.



I can do
anything I
set my
mind to.




I am
worthy
of love
and
respect.



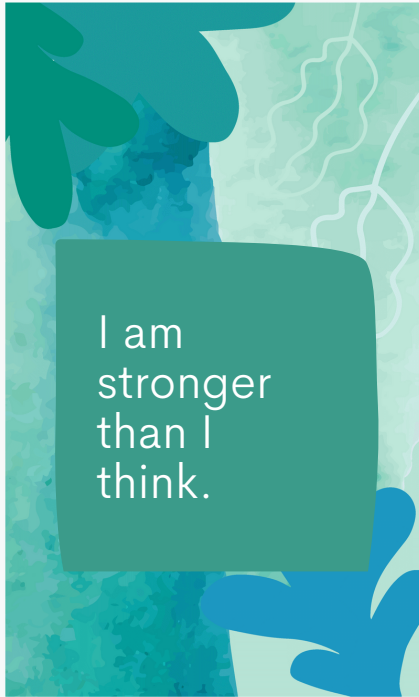
I can be
kind
wherever
I go.




I can
advocate
for
myself.




It's
okay,
to not
be
okay.




I am
stronger
than I
think.



I am
brave
enough
to try.




I trust
myself.



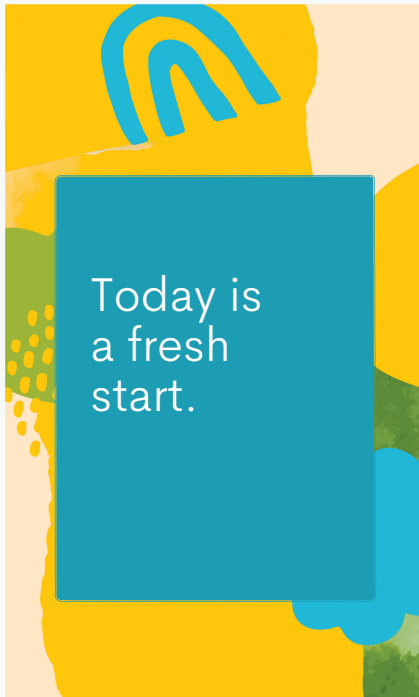
I am
learning
new
coping
skills.



I will
try my
best.



I love
myself.



Today is
a fresh
start.