

Emotions are a part of life. It is okay to be angry, sad, happy, grumpy, and resentful, ect. It is a part of life and everyone has these emotions, even if they don't show it. Some people appear more confident than others, but this is not always the case as everyone has something about themselves that makes them feel self- conscious.

I want you to think about your top five worries at the moment.



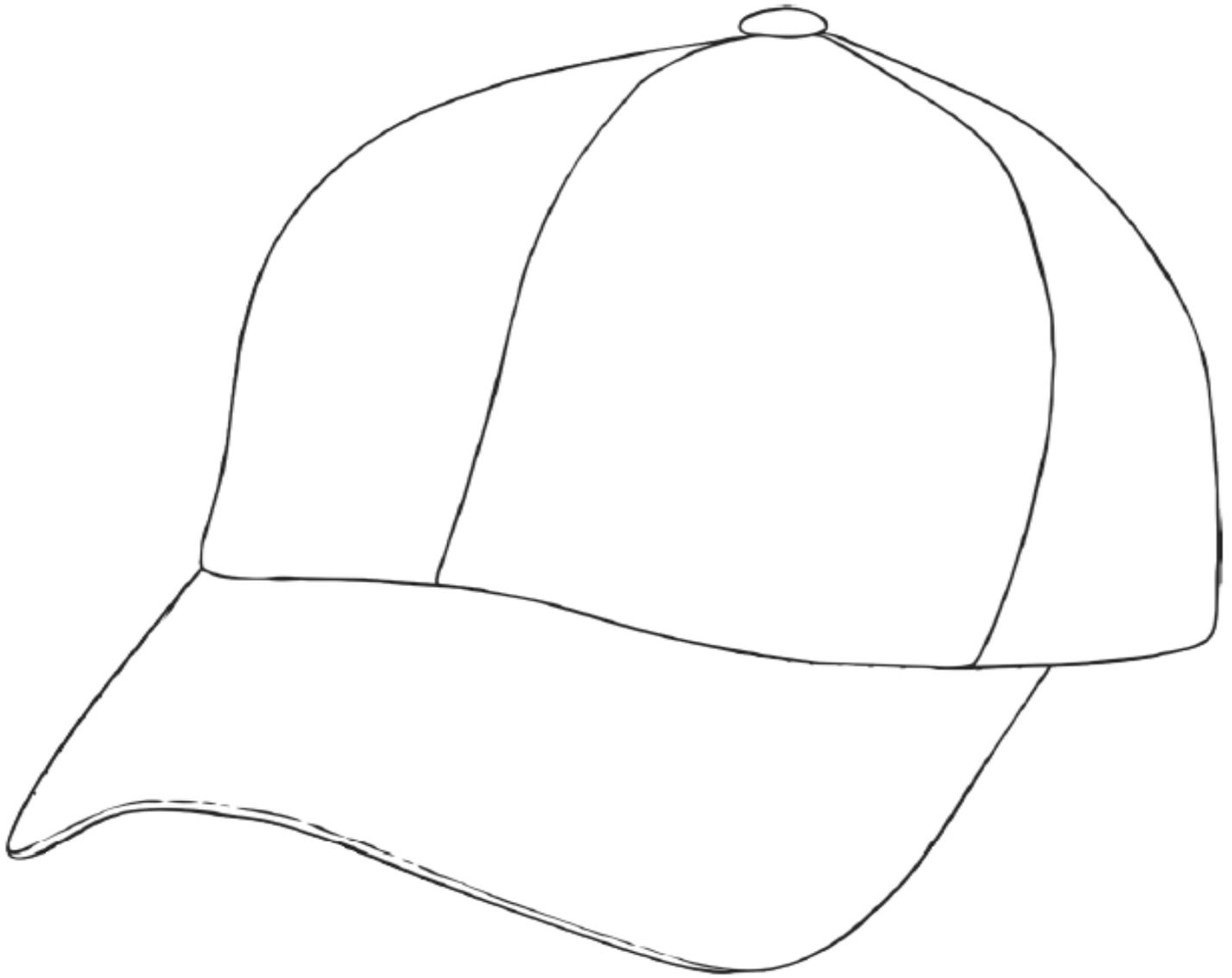
When these worries occur it is important to accept you are worried and the emotions that come along with it. On the next page there is a cap. I want you to add in positive thoughts that you can think every time you feel upset or worried. You can use the ideas below to help.

I am important.	I am loved.	I am calm and I am in control.	I can do it and I will do it.	I will keep trying.	Fear of failure will not stop me trying.	I choose to start today with a smile.	I am kind and I am loyal.
I am in charge of my own emotions.	I am a good friend.	I am brave.	I am strong.	I show empathy towards others.	I believe in myself.		

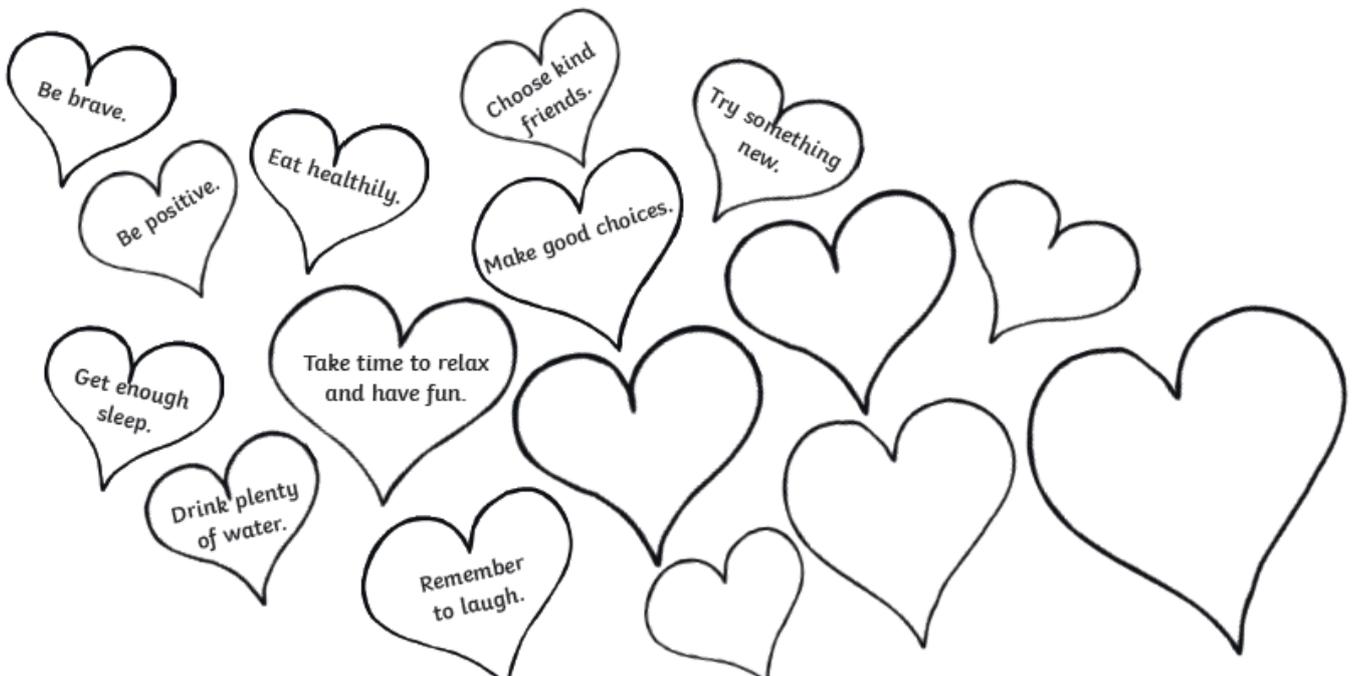
Helpful words and phrases:

- You can do it!
- Go for it!
- Keep going!
- I can do this!
- This is great!
- Challenge
- Perseverance
- Resilience
- Determined
- Goal
- Reach for the stars!
- Happy
- Stick at it!
- Super me!

I can make good decisions.	I am proud of myself.	I am capable.	I am healthy.
I have a good support network.	I am confident.	I am happy.	I am courageous.



Here are some ideas as to how to be kind to yourself . There are 6 missing heart ideas. Come up with 6 more ways to be kind to yourself to go in them.



To finish off our positive thinking lesson, fill in the balloons below to remind yourself how amazing you are!

