

yourself to what you see in the media.



BEST FREND.





Creats Build. Ceek. Baks Garden. De Ort.



Do more of what

helps you feel

LIQAGAQA. AQALSGIY. FIGIT WILLQLI TOOK IU FHG

4

Bon't compare yourself with others.
You are unique!





Make choices that

Lauthi cope with Stress
Havil Punit



Ways to Build

Self-Esteem

for kids



Get to work on the chores 5 other responsibilities you have been putting off.





FORGIVE Others FORGIVE WOLFSEL



Take Slow, mindful breatins exercisei

Practice daily hygiene.



Say 'no' to things you are uncomfortable with.



ASK FOR HELP

Resolve conflict

peacefully

use I-Statements.



CAROLITIE MINIOSET

Remind yourself that your bravery is stronger than your fear.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Set goals & work towards them, step by step.



Get enough Sleep.





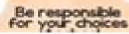
Say what you want, need 6 hope for.

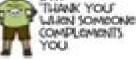
Eat

healtha

food.

Try again when something doesn't work out the way you hoped it would.





SAY.





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Thomas Allegood

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