



# Building the Best Me!



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**I want  
to build the best me.**





**I can build a healthy  
body by eating  
foods that are  
good for me.**





# I can build a strong body by exercising.





**I can build healthy  
responses when I am angry,  
frustrated, or sad.  
I can take some time to cry.  
I can focus on what makes  
me happy or work it out.  
I can write or draw,  
jump or run, dance or sing.**





**I can build myself up  
by not  
thinking  
negatively  
about  
myself.**





**I can build myself up  
by writing down what  
makes me happy or  
what I am thankful for  
in my life.**





**I can build healthy boundaries and not allow people to hurt me with words or actions. I can be brave and tell someone if I am being hurt by others.**







**As I build the best me,  
I can build up others.**



**I  
can  
build up  
others by not  
gossiping.**





**I can build up others  
by being their voice  
when they cannot find  
their words to protect  
themselves.**





**I can encourage  
people in  
order to build  
them up when  
they feel  
broken  
down.**





**I can build up people  
who do not have  
friends  
by talking to them,  
eating with them,  
or playing with them.**





**I can build up others  
when I take the time  
to listen to them.**





**I can build up others  
by forgiving them  
when they hurt me,  
instead of always  
being angry.**





**I can do  
a lot to  
build a  
healthier  
community.  
I can be  
an example  
through  
my actions.  
Let's get to  
building up  
others!**

