

HOW I AM FEELING

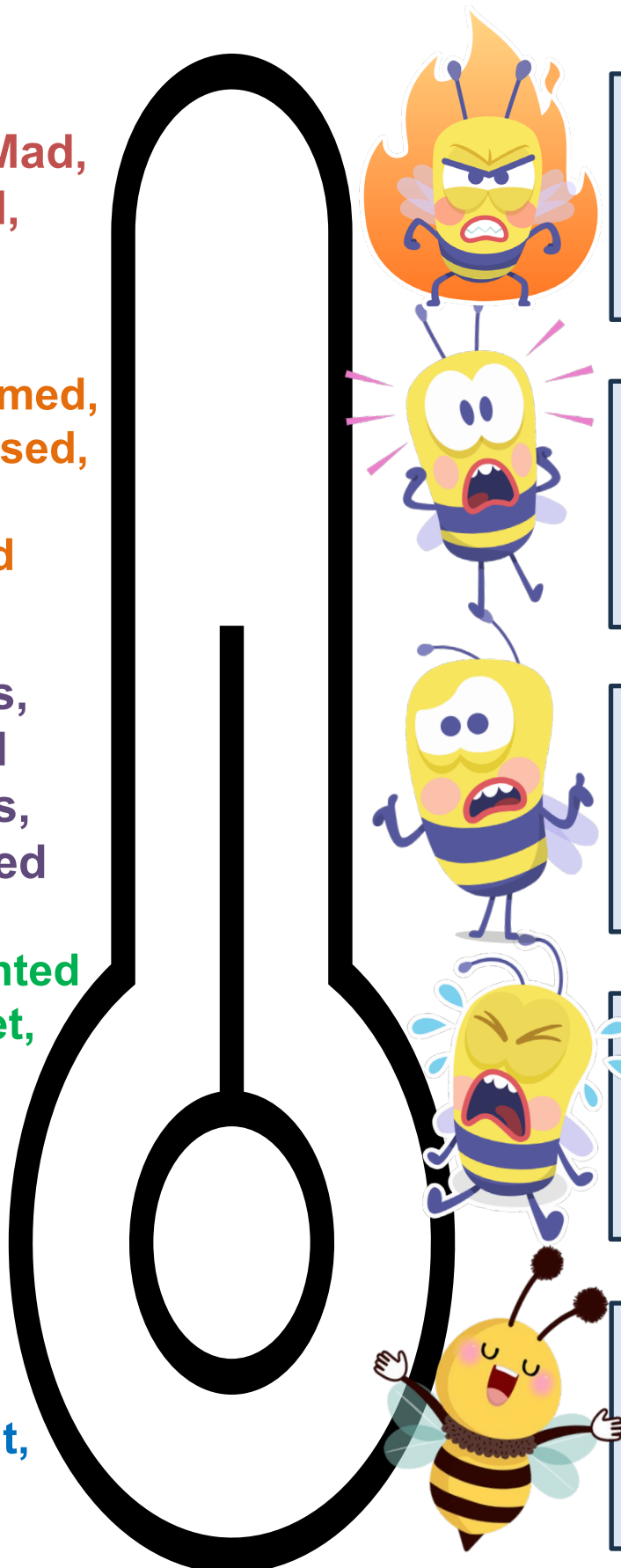
Angry, Mad,
Terrified,
Furious

Overwhelmed,
Embarrassed,
Stressed,
Frustrated

Anxious,
Worried
Nervous,
Confused

Disappointed
Sad, upset,
Tired,
Bored

Happy,
Calm,
Proud,
Confident,
Peaceful



What Can I Do???

- Talk to Trusted Person
- Breath Slowly and Deeply
- Walk Away and Count to 10
- Clench and unclench Fist

- Talk to Friend/Family
- Meditate/Play
- Listen to Favorite Music
- Take a Fast-Paced Walk

- Talk to Family/Friend
- Breath Slowly and Deeply
- Pay Attention to Your 5 Senses
- Focus on What You Can Control

- Set a Positive Goal for Day
- Talk to a Family/Friend
- Journal About Your Feelings
- Engage in an Enjoyable Activity

- Help Someone Else
- Notice and Enjoy Your Mood
- Engage in an Enjoyable Activity

GROWTH MINDSET

Instead of Thinking...

"I'm not talented."

"I give up."

"It's too hard."

"I'm not smart enough."

"I always mess up."

"I'm not good at this."

"I'm too scared to try."

"I can't do it."

"I'll never be as good."

"I'll never learn this."

I'll Try to Think...

"I'll keep trying new things until I find what I love!"

"I'll keep trying until I figure it out!"

"I'll ask for help and try again!"

"I'll keep learning and growing!"

"I'll learn from my mistakes and try again!"

"I'll practice and get better!"

"I'll take a deep breath and be brave!"

"I'll give it my best shot!"

"I'll focus on my own progress and do my best!"

"I'll keep practicing until I understand!"

SUPER POWER

HYPERFOCUS



Sometimes you can focus super well on things you really like, even if it's for a long time.

SUPER POWER

CREATIVITY



You're really good at coming up with fun ideas and making up stories or drawings that nobody else could think of!

SUPER POWER

THINK FAST



You can think really fast and understand things quickly, which helps you learn and play games faster.

SUPER POWER

HIGH ENERGY



You have lots of energy and can play for a long time without getting tired, which makes you great fun to be around!

SUPER POWER

MULTITASKING



You're good at doing more than one thing at a time, like playing and talking at the same time or listening to music while doing homework.

SUPER POWER

PROBLEM SOLVER



You're a super problem-solver! You're great at finding new ways to fix things or figuring out puzzles that others might find tricky.

SUPER POWER

HYPERAWARENESS



You notice things really quickly, like when someone sneaks up behind you or when something small changes in a room.

SUPER POWER

INTUITION



Sometimes you just know things without even having to think about it, like when you can tell if someone's happy or sad.

SUPER POWER

SPONTANEITY



You love surprises and are always ready to try new things or change plans at the last minute.

SUPER POWER

EMPATHY



You're really good at understanding how other people feel and making them feel better when they're sad or upset.

SUPER POWER

RESILIENCE



Even when things don't go your way, you're really good at bouncing back and trying again with a smile on your face!

SUPER POWER

CURIOSITY



You're like a little explorer, always asking questions and wanting to learn new things about the world around you.

SUPER POWER

QUICK LEARNER



You love surprises and are always ready to try new things or change plans at the last minute.

SUPER POWER

THINKER



You're really good at understanding how other people feel and making them feel better when they're sad or upset.

SUPER POWER

CHARISMA



Even when things don't go your way, you're really good at bouncing back and trying again with a smile on your face!

SUPER POWER

HONEST



You always tell the truth and don't say things that aren't true because honesty is important, and it helps people trust you.

SUPER POWER

COMPASSION



You are kind and help others when they're sad or need a friend.

SUPER POWER

PERSISTENT



You are strong and don't give up, even when things are tough. You keep trying until you get it right.

SUPER POWER

MOTIVATED



You are excited and want to do something because it's fun or because you really want to do it.

SUPER POWER

HUMOR



You make people giggle by saying or doing silly things that make them happy.

SUPER POWER

PROUD



You feel super happy and excited because you did something really well or finished something you worked hard on.

SUPER POWER

UNIQUE



You are really special and different in your own cool way, like having talents or interests that make you special.

SUPER POWER

FAIRNESS



You play by the rules and make sure everyone gets treated the same and has a chance to join in.

SUPER POWER

COURAGE



You are brave and face things that scare you, like trying something new or standing up for what's right.

SUPER POWER



SUPER POWER



SUPER POWER



SUPER POWER



SUPER POWER



SUPER POWER



SUPER POWER



SUPER POWER

