



COUNT

Repeat the affirmation
"I am valued"

CAPABLE

Repeat the affirmation "I am capable of anything"

CONNECT

Name a caring adult in your life

COURAGE

add your content here

COPING SKILL

Take 3 deep breaths

COUNT

Repeat the affirmation "I am important"

CAPABLE

Repeat the affirmation "I can do anything I put my mind to"

CONNECT

Name a game you can play with a trusted adult

COUNT

Name a positive quality about yourself

CAPABLE

Pick a new skill to learn

CONNECT

Name an activity you'd like a caring adult to do/play with you

COURAGE

Name a time you tried something really scary

COPING SKILL

Squeeze your fists for 5 seconds then release

COUNT

Name a positive quality about yourself

CAPABLE

Name a time you did something someone thought you couldn't do

CONNECT

Name an important loved one in your life

COUNT

Create your
own
affirmation

CAPABLE

What is
something an
adult does for
you that you'd
like to do
yourself

CONNECT

Name a nice
thing you can
do for a loved
one

COURAGE

Name a
feeling you
have difficulty
expressing.
Why?

COPING SKILL

Hum a song
you like for
10 seconds

COUNT

Create your
own
affirmation

CAPABLE

Name a time
you
accomplished
something you
thought you
couldn't do

CONNECT

Name a nice
thing you can
do for a loved
one

COUNT

How would you like someone to show their love for you?

CAPABLE

What's your best quality?

CONNECT

10 second dance party!

COURAGE

Name someone you look up to because of their courage

COPING SKILL

Stretch your body for 10 seconds

COUNT

Name someone you look up to because of their confidence

CAPABLE

Name someone you look up to because of their strength

CONNECT

10 second dance party!