

DAILY ACTS OF KINDNESS



**Speak kindly
to yourself**



**Share something
you love with a friend**



Listen to others



**Give your
best effort**



**Be kind
and generous**



Be encouraging



**Ask someone
to join you**

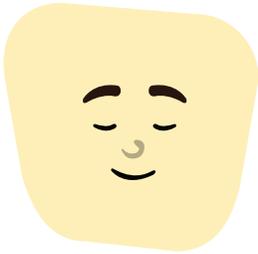


**Give a friend
a compliment**



**Offer to
help someone**

IT IS OKAY TO FEEL



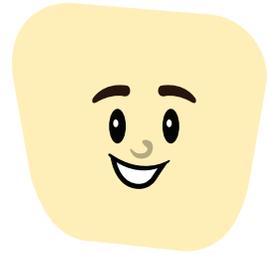
HAPPY



ANGRY



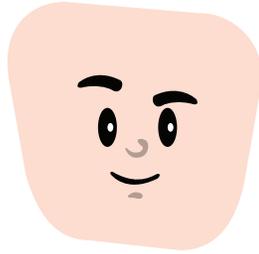
SAD



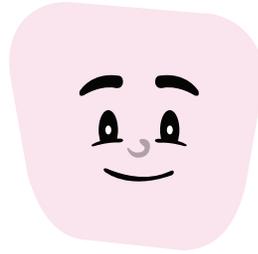
EXCITED



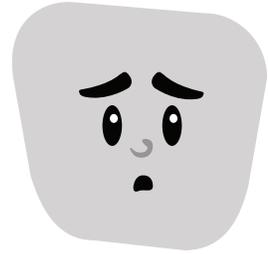
NERVOUS



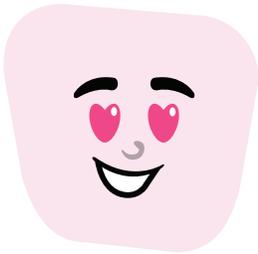
CURIOUS



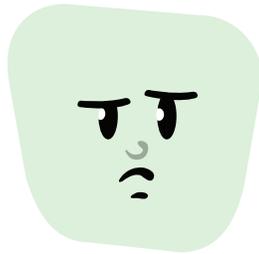
ADMIRING



EMBARASSED



IN LOVE



BORED



CONFUSED



SICK



DISAPOINTED



PASSIONATE



SCARED



FRUSTRATED

GROWTH MINDSET

SUCCESS STARTS WITH BELIEVING IN YOURSELF

I CAN'T DO THIS

**I'M STILL LEARNING,
I WILL KEEP TRYING**

THIS IS TOO HARD

**WITH MORE
PRACTICE IT WILL
GET EASIER**

I DON'T KNOW HOW

I CAN LEARN HOW

I GIVE UP

**I WILL TRY A
DIFFERENT WAY**

***I'M AFRAID OF MAKING
A MISTAKE***

**MISTAKES ARE HOW
I LEARN & GROW**

I'M NOT GOOD AT THIS

**WHAT CAN I
LEARN TO GET
BETTER AT THIS**

***THEY ARE BETTER
AT IT THAN I AM***

**WHAT CAN I LEARN
FROM THEM?**

IT'S OKAY

ASK QUESTIONS

MAKE MISTAKES

NOT KNOW EVERYTHING

GROW AT YOUR OWN PACE

START OVER AGAIN

SEEK SUPPORT

BE YOURSELF

I am **KIND**

I am **BRAVE**

I am **SPECIAL**

I am **STRONG**

I am **ENOUGH**

I am **AMAZING**

I am **RESILIENT**

I am **IMPORTANT**

CHECK IN

WITH YOURSELF

1

How am I treating myself?

2

How am I feeling?

3

How is my body feeling?

4

What are my goals today?

5

What am I grateful for?