

I am brave
and strong



I can say what
I think



I am deeply
loved



I can calm
my body



I am free to
be me



I trust myself



I am growing and
changing



I can say no



I can ask for
help



I feel safe



I can do hard things



I take my time



I ask questions



Mistakes help me learn



I breathe and feel better



I like to help



I laugh out loud



I am important to my family

