



**BE YOUR BEST YOU...
TO YOURSELF!**

Name _____

Grade _____

Teacher _____

JAKE'S TIP:

Being your best YOU means to be kind to one another, but also being kind to yourself! It is important for you to take time to take care of you, and do things that make YOU happy — like playing in the snow, or going on a family walk. Don't forget, it's ok to make mistakes, but don't let them keep you down, get right back up and try again!



ACTIVITY:

What makes you a great friend, classmate, brother, sister, etc.? Can you name 5 reasons why you are awesome? Tell yourself "I am awesome because _____" at least once a day!

1. I am awesome because: _____

2. I am awesome because: _____

3. I am awesome because: _____

4. I am awesome because: _____

5. I am awesome because: _____

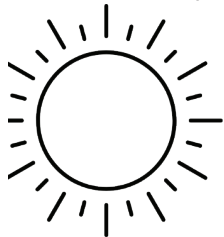
JOKE!




Why did the tree have high self-esteem?

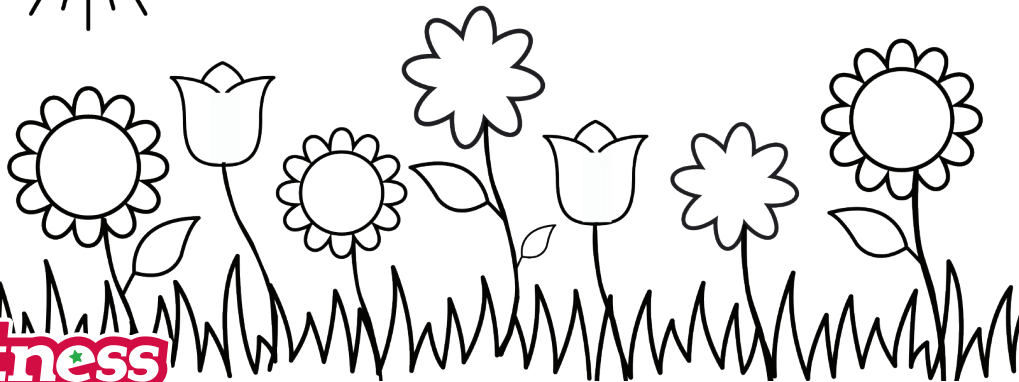
Because it knew it was rooted in greatness!

BE YOUR BEST YOU!

Grow your garden of self-love! Each flower shows a positive emotion. Using the words from the word bank, write in each flower with one word that describes you! Can you color in each flower using the chart below on how often you feel that emotion? Talk about someways you can work to feel these positive emotions every day!



 = SOMETIMES
 = ALWAYS
 = NOT VERY OFTEN

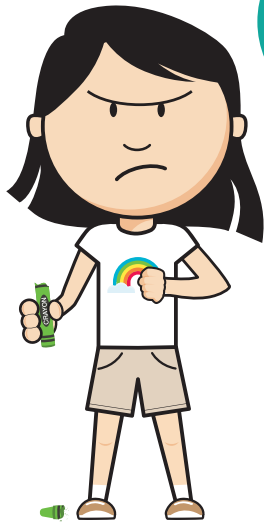


**BRAVE
STRONG
GRATEFUL
HEALTHY
CALM
UNDERSTANDING
HAPPY
KIND
CONFIDENT
LOVED
TALENTED
HARDWORKING
PATIENT**



CHALLENGE:

Feelings Volcano (Don't Let it Erupt!) Do you ever feel like a volcano with your emotions? Maybe you are so frustrated, angry or sad, you feel like you are going to erupt! Instead of exploding by yelling, crying, or screaming, let's pick a way to calm ourselves down. Pick two strategies below that you can try next time you are upset. Think of a third one you would like to use and write it inside the volcano.



Go for a walk

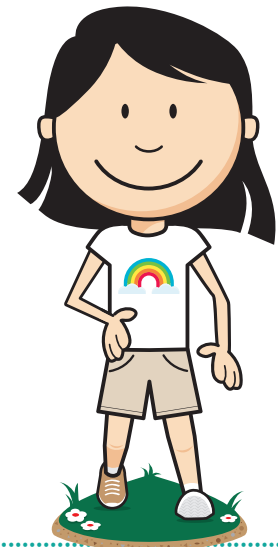
Close your eyes and pause

Count to 10 slowly

Another calming strategy I will use is:

Take a deep breath

Talk to an adult or friend



COLOR BY MATH

Rachel loves to take time to color. Help Rachel solve the math and color the picture using the key below.

Answers:

- 1** Yellow
- 2** Orange
- 3** Red
- 4** Black
- 5** Light Green
- 6** Green
- 7** Light Blue
- 8** Purple

