

Choose what is best for you

Let's take a break

- Air-painting! Imagine you're holding a brush. Air-paint everything you like!!
- Close your eyes for a second. Imagine you're a spaceship. Count backwards from 10 to 1 and... fly! Open your eyes now and explore this new planet. Remember to take deep breaths and when you calm down, you can return to Earth.
- Drink water! Dip your hands in the water. Let the water run on your body, take a quick shower. Talk to the water!

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I change my perspective by changing my words

Instead of: I'm not good at it

I can say: I'm not good at it YET, but I can practice and I will be soon.

Instead of: I can't do that.

I can say: I think I need help from someone.

Instead of: I'm not as smart as my friends.

I can say: I'm responsible for how smart I am, because I can build my brain by learning difficult things.

Instead of: I won't do that, it's too easy.

I can say: How could I make it more interesting?

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Let it go!!!

- For every situation there are some things we CAN and some things we CAN'T control.
- You can draw some balloons on a piece of paper, or better yet inflate some balloons!
- Take a marker and write on the balloons whatever is holding you back and you can't control it. Take a deep breath and let it go!