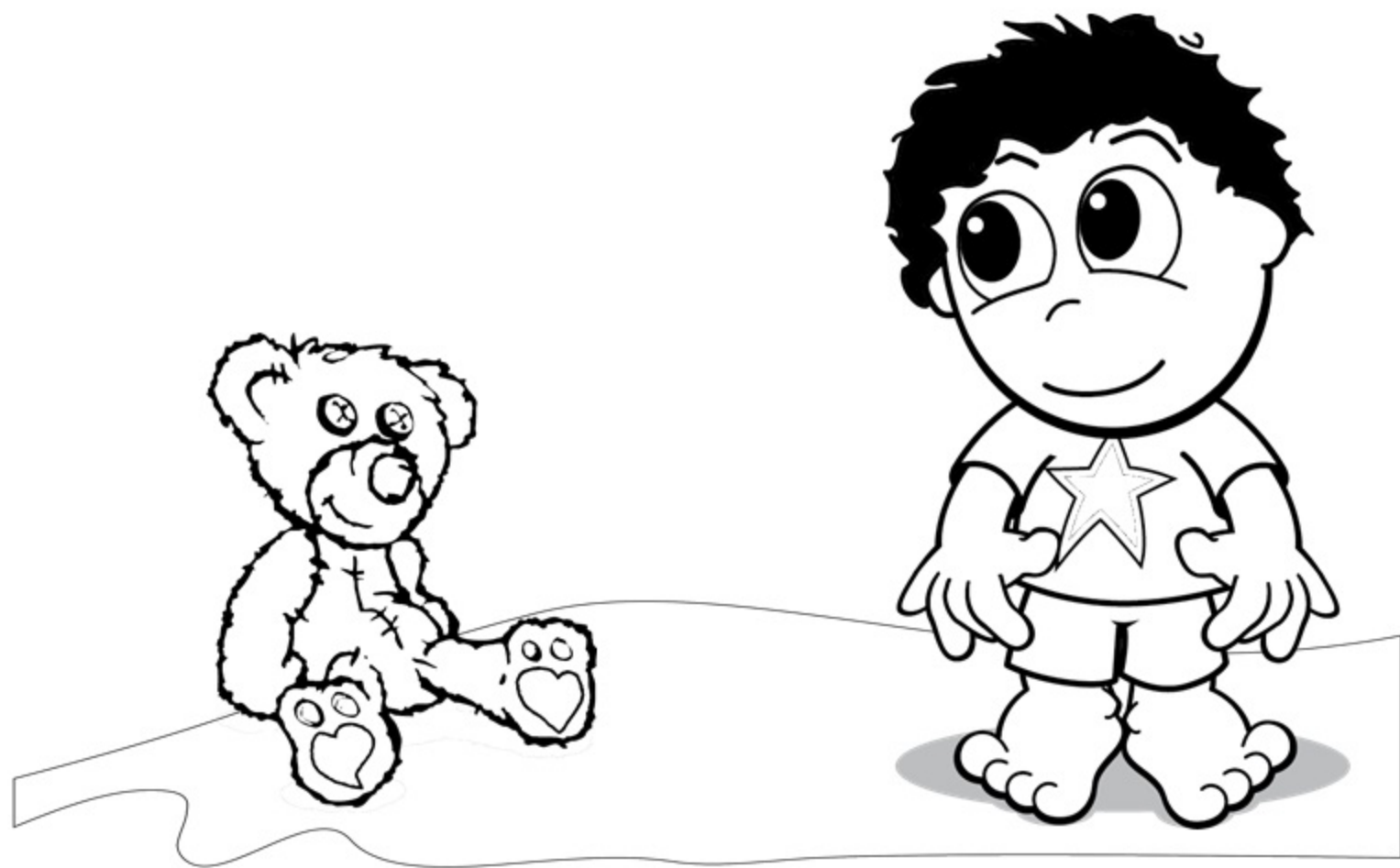


I can calm and relax myself.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I can think clearly.



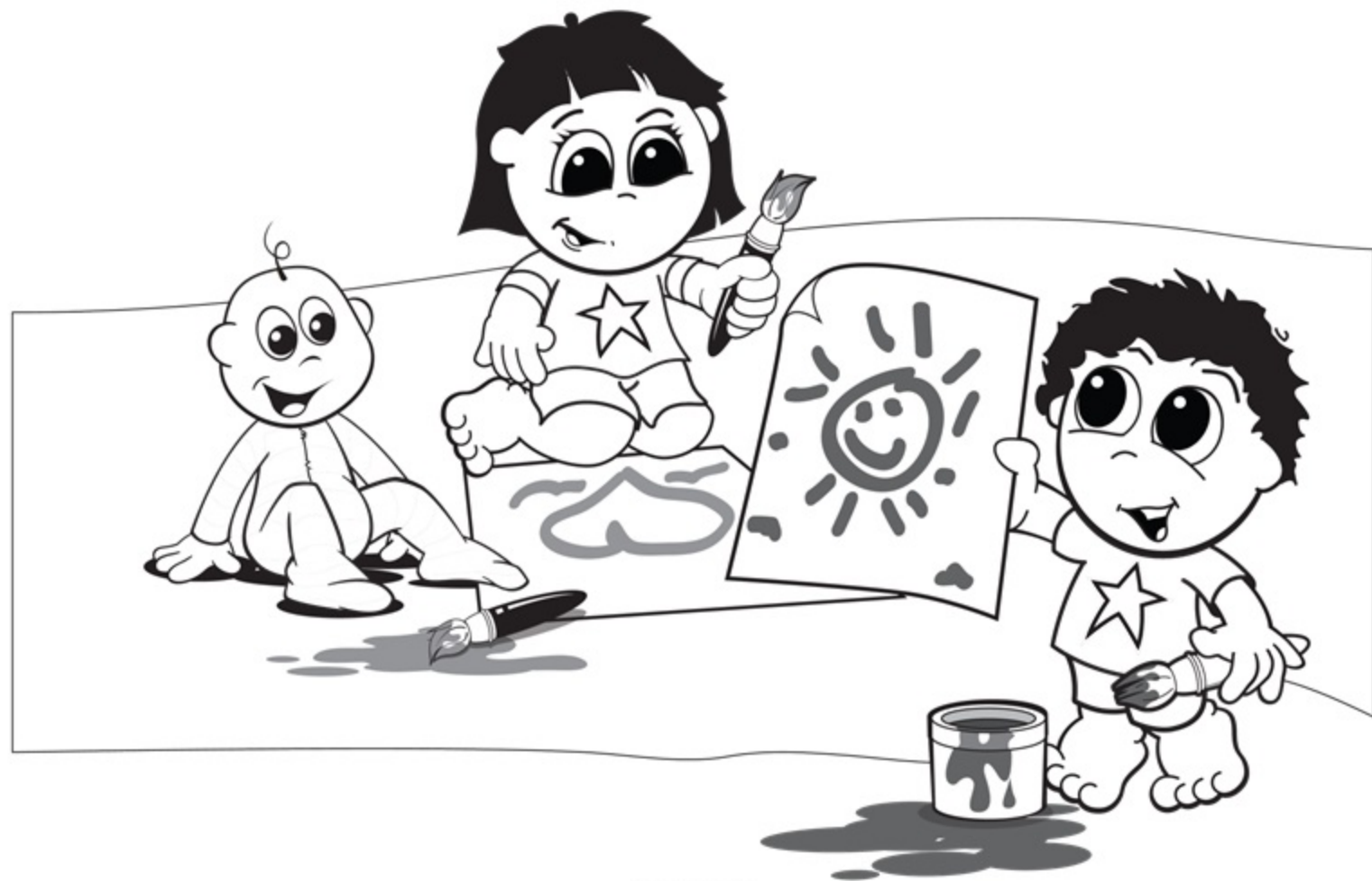
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**I wrap all my feelings in
a blanket of love.**



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I am creative.



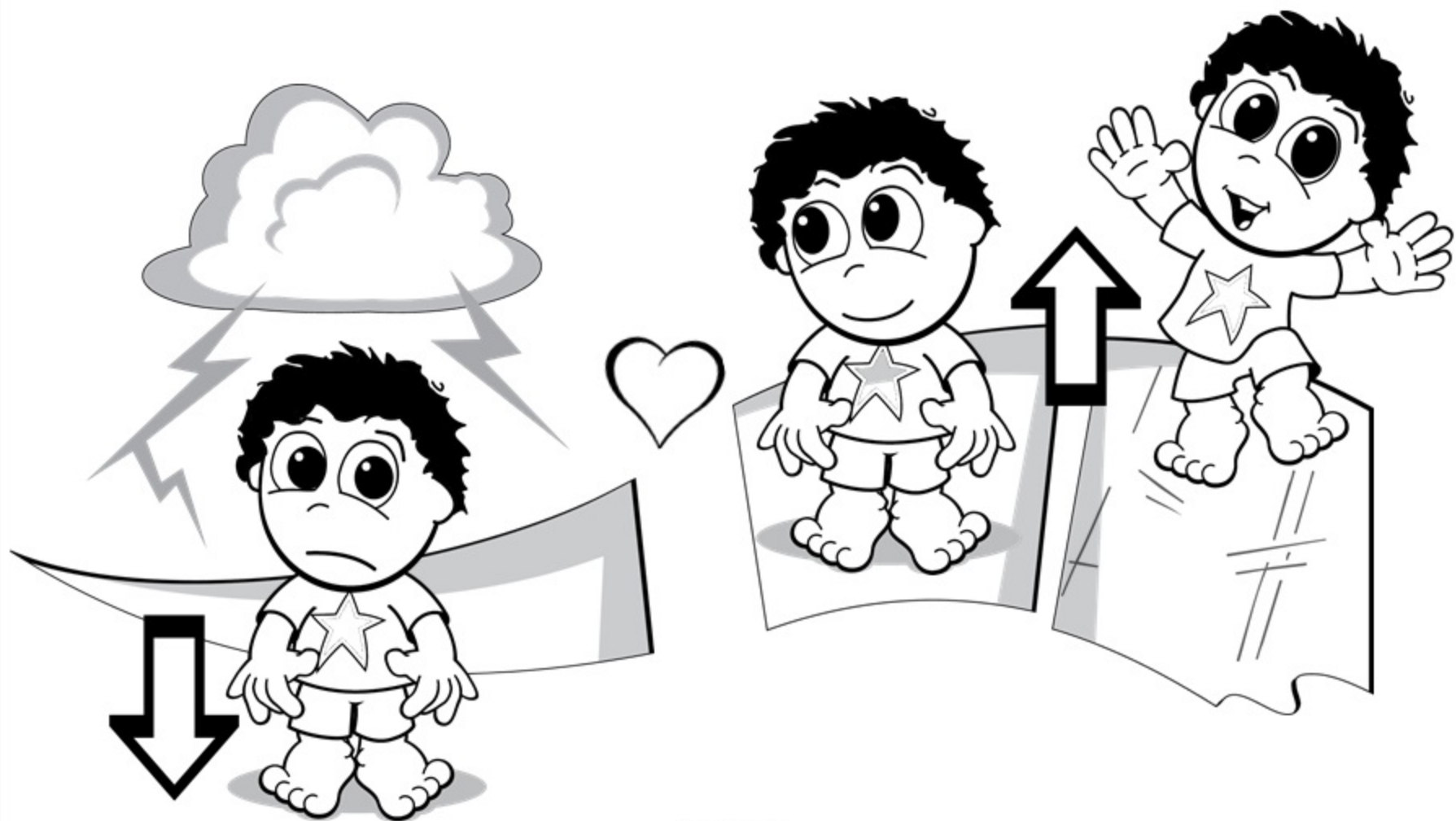
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I can create happy moments.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

What I focus on grows.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**When I think happy thoughts,
my happiness grows.**



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**I am kind and caring with
myself and others.**



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I choose to love myself.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I am lovable.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**I am gentle and patient
with myself.**



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I can do it.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**I do nice things for
myself and others.**



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I appreciate nature.



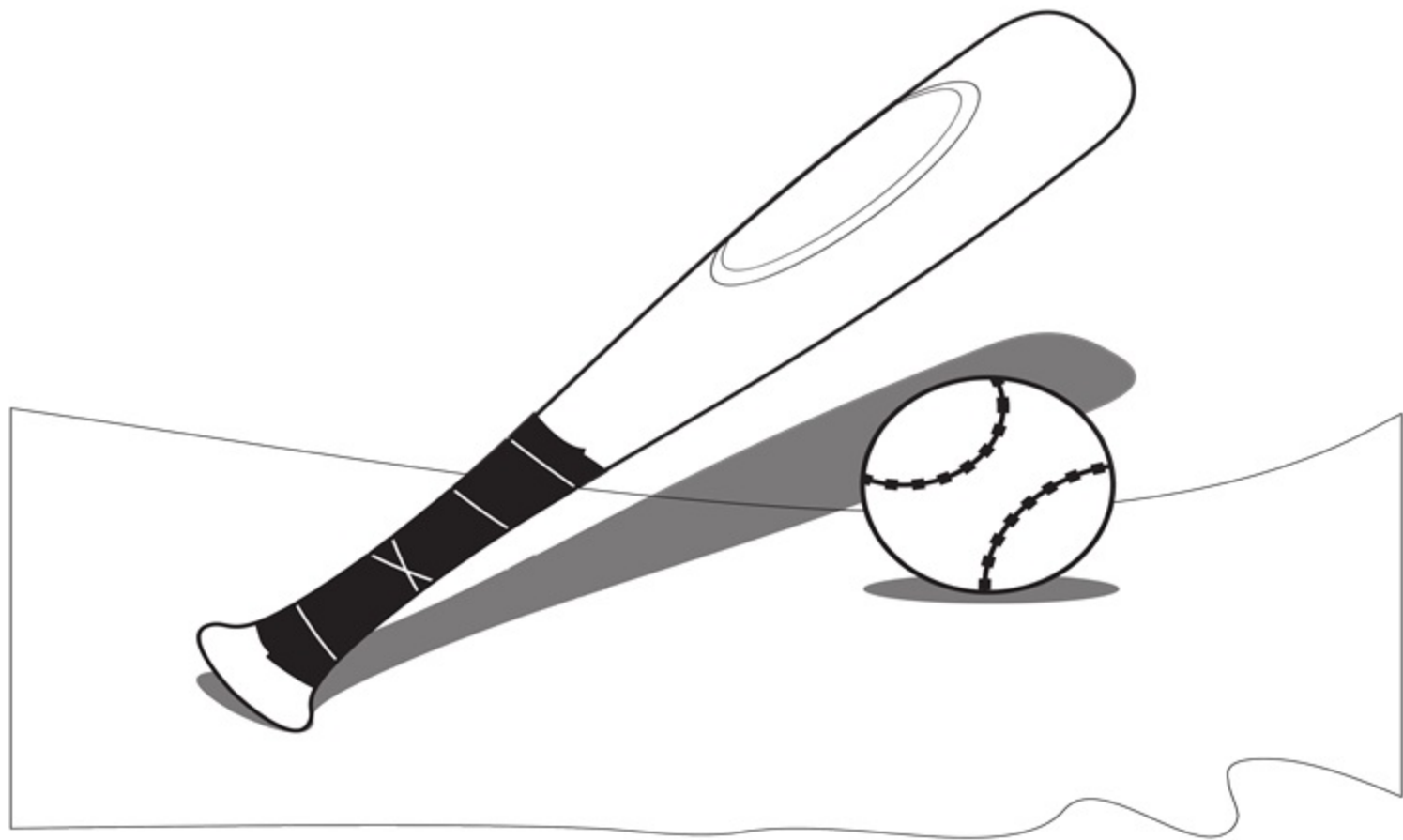
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I believe in wishes and dreams.



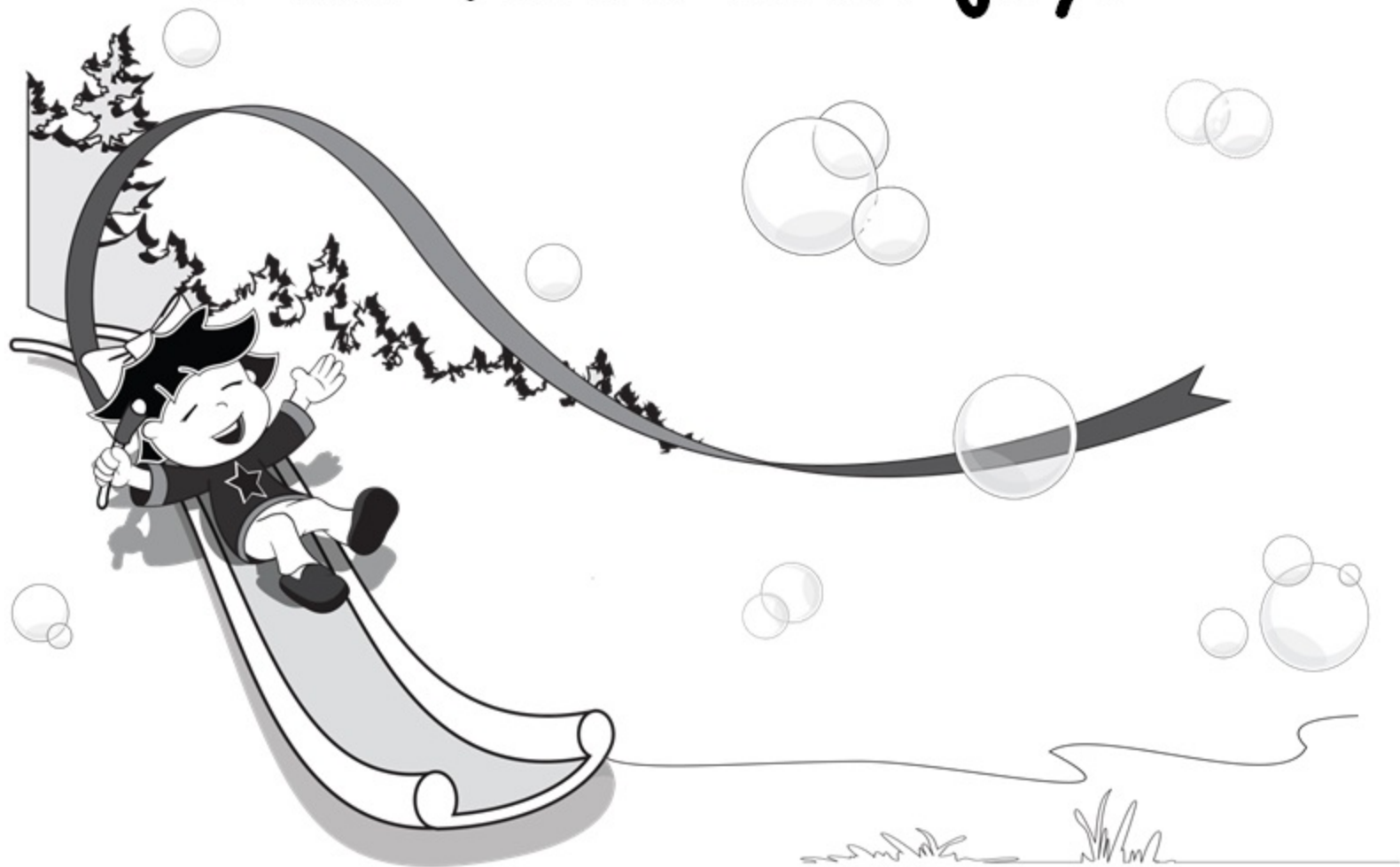
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I have high hopes.



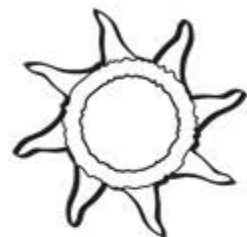
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I am filled with joy.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I am a joy spotter.



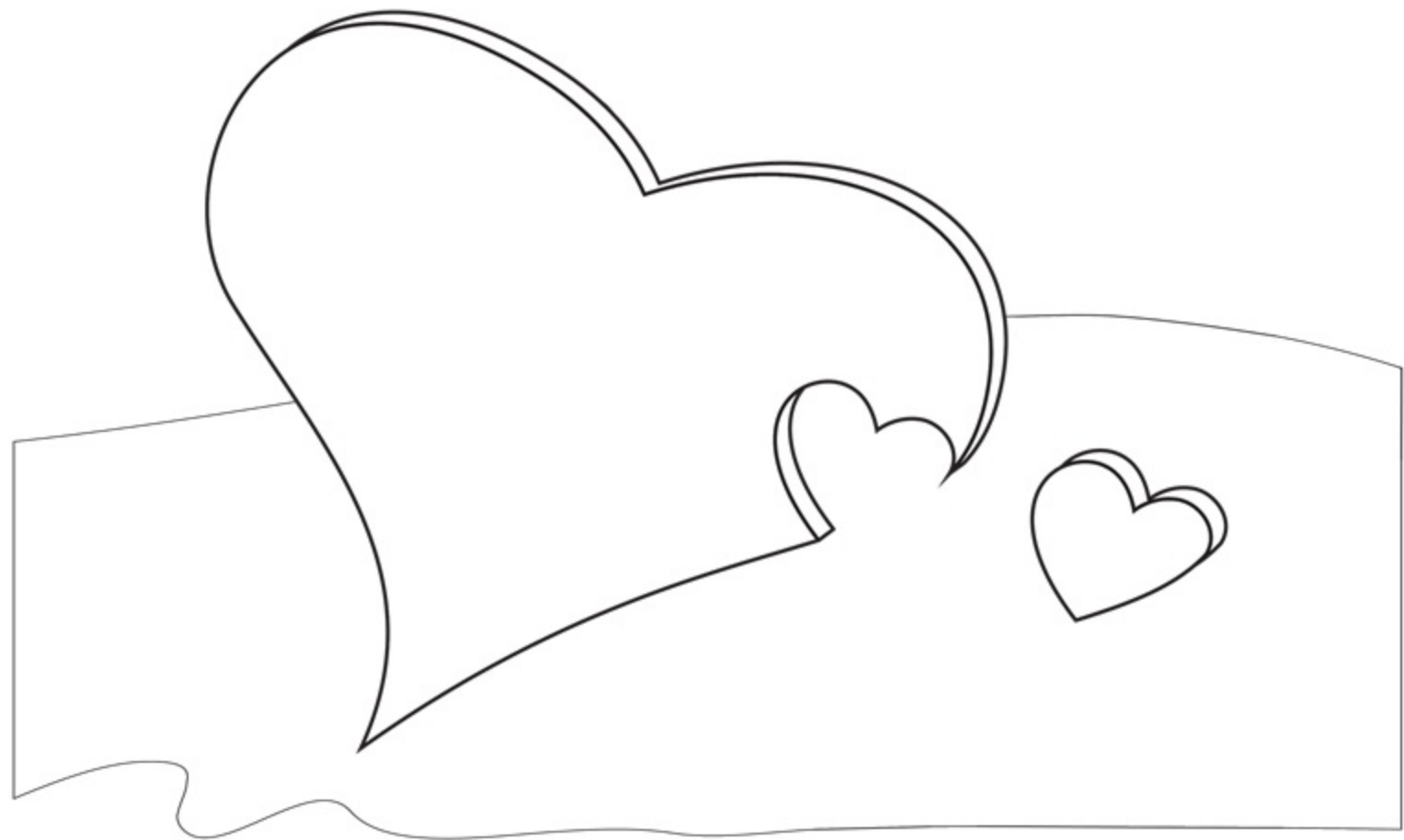
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I feel my perfect wholeness.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I belong.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

It's OK to be different.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

It's OK to be me.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

Good things happen every day.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I appreciate myself and others.



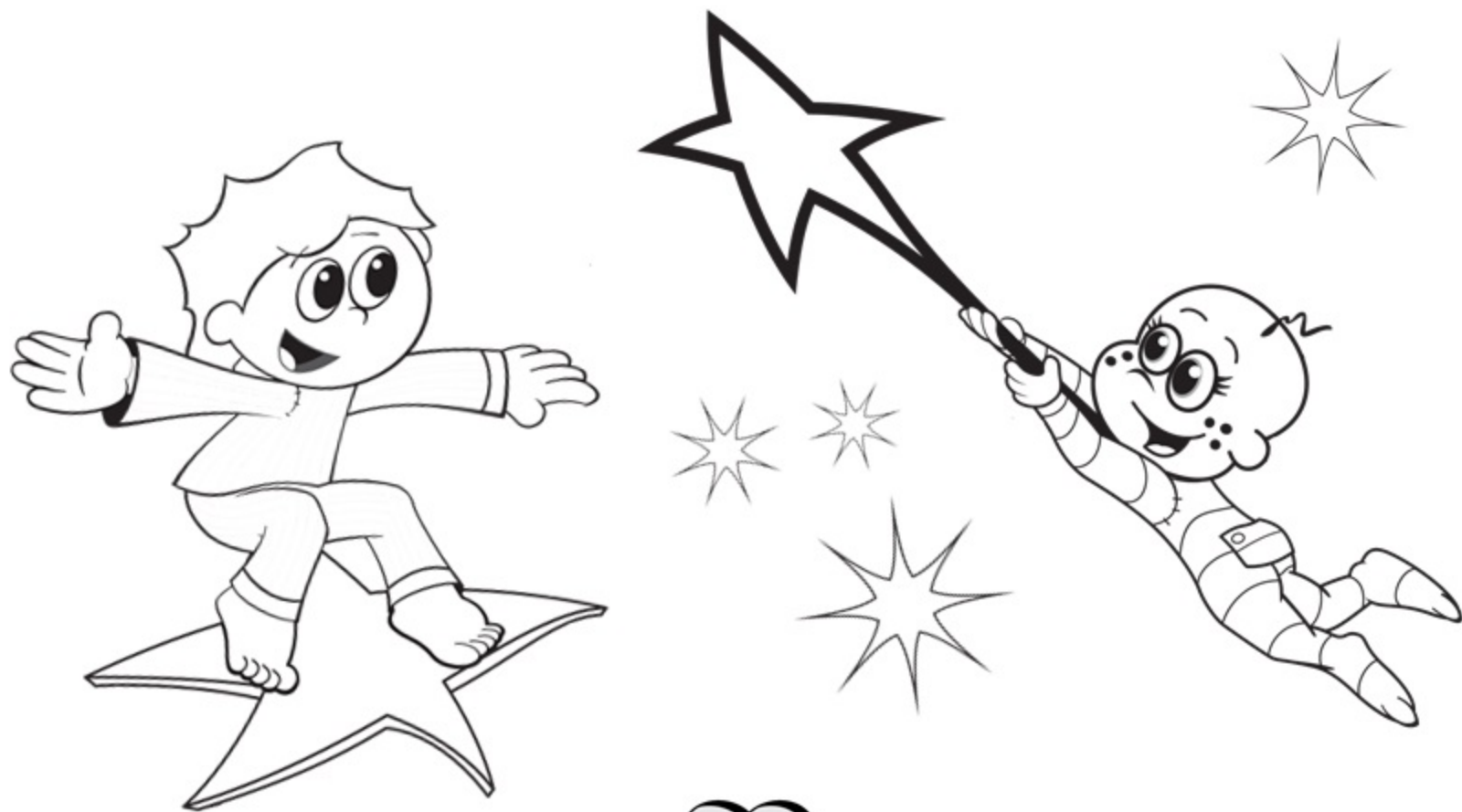
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I am a shining star.



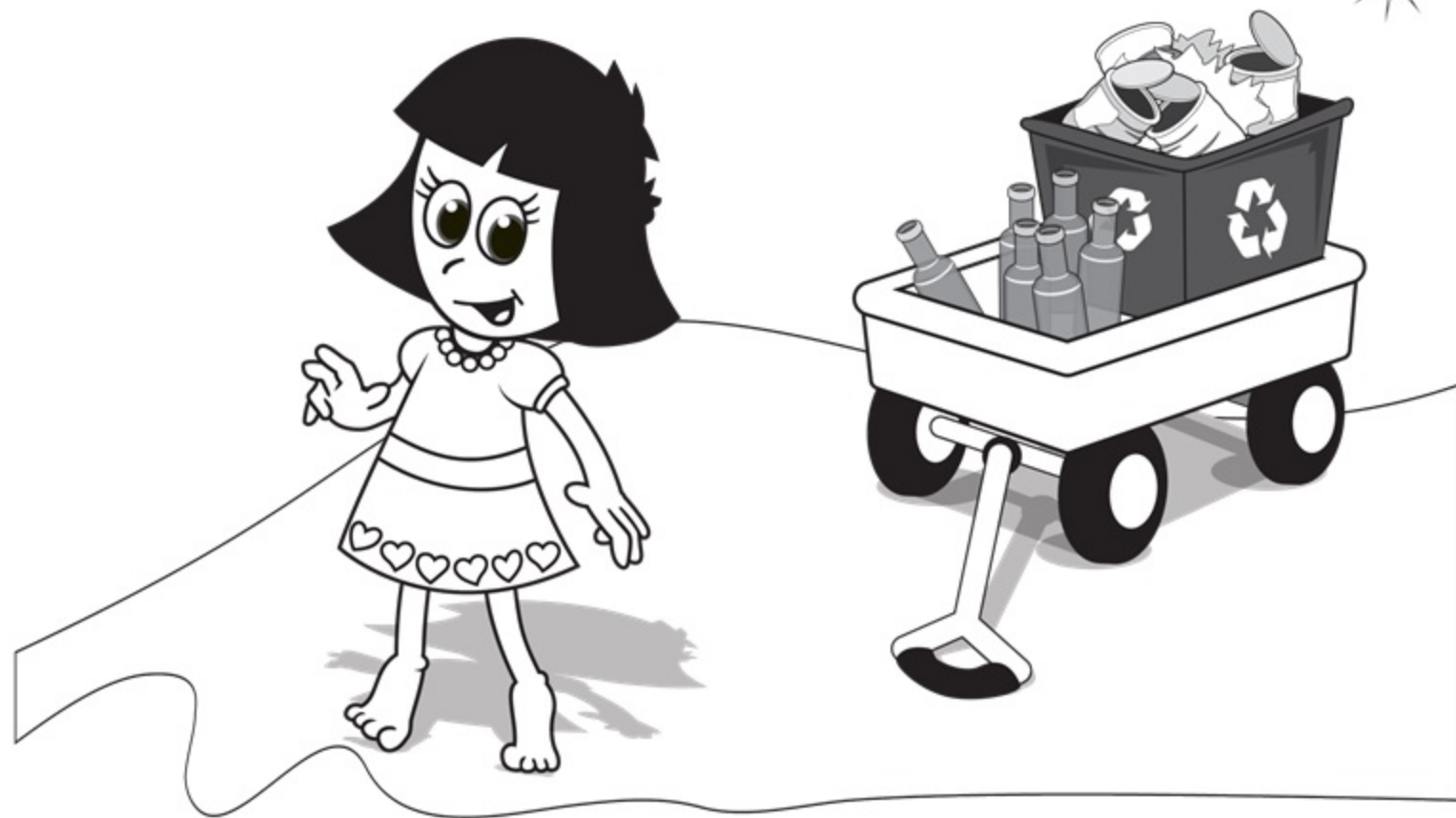
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**When I see the good in you,
I feel good inside too.**



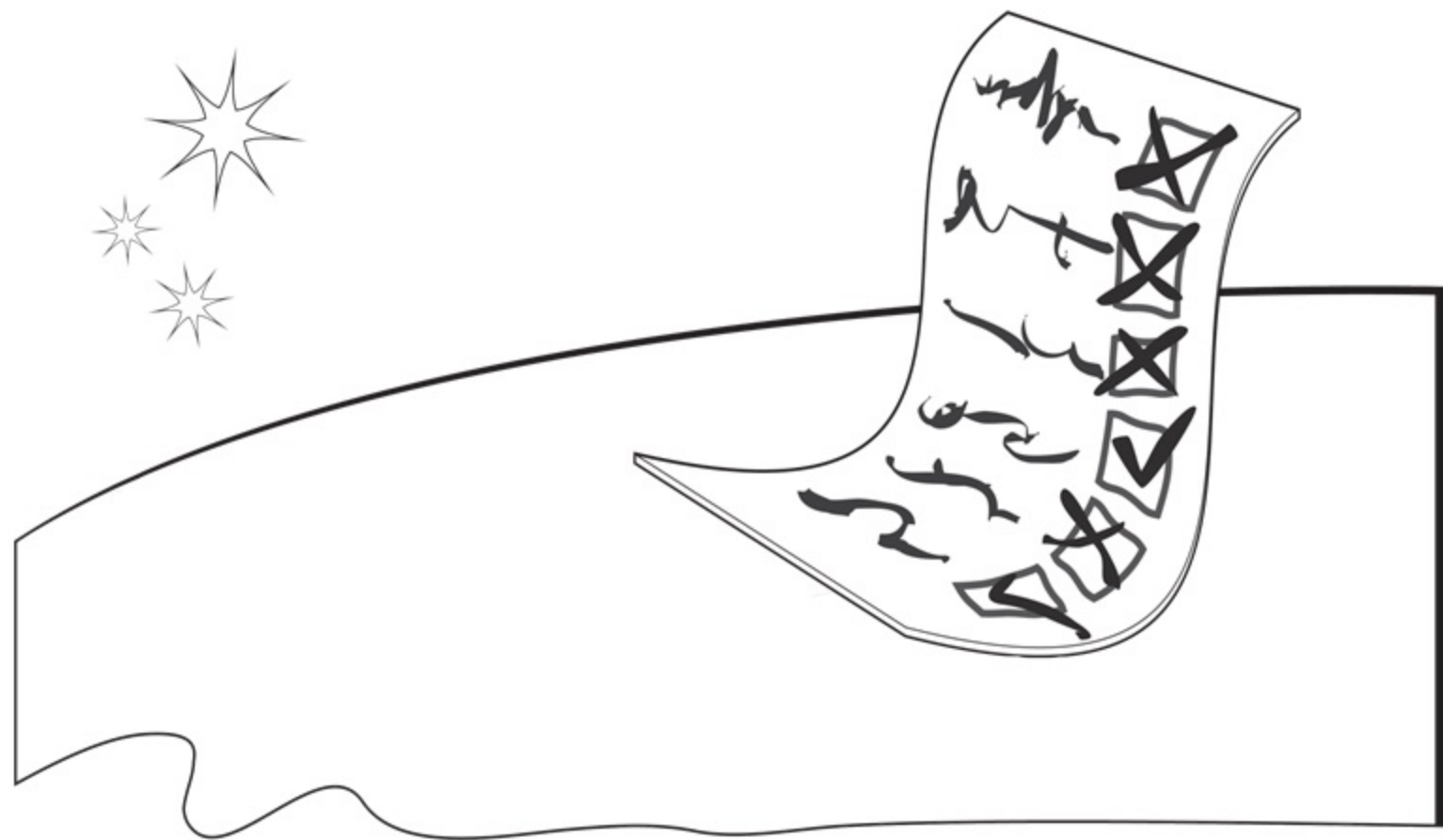
Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**I have discovered a lot
about me.**



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

Mistakes can help me to learn.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

**I am lovable even when
I make a mistake.**



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

I honor myself and others.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.