



CALM

I feel calm when...



I take
deep breaths.



I enjoy
quiet time.



I relax
my body.



I do things
I enjoy.



I think
happy
thoughts.



I spend time
in peaceful
places.



I draw
or colour.



I listen to
calm music.



I can stay calm and handle my day!



LOVED

I feel loved when...



Someone
hugs me.



My family
loves me.



My friends
care about me.



I am told
I am special.



I receive
kind words.



I feel safe
and cared for.



I am loved just for being me!



SURPRISED

I feel surprised when...



I get a surprise gift.



Something exciting happens.



I see something I didn't expect.



I discover something new.



It's my birthday!



A friend does something unexpected.

Surprises can be exciting and fun!

HAPPY

I feel happy when...



I play with my friends.



I read my favourite book.



I try my best.



I spend time with my family.



I do things that make me smile.



I am proud of myself.

Happiness is a choice I make every day!

