

Topic: Accurate Self-Perception

Let's Breathe

Learn to grow strength and confidence from inside yourself with this stretching exercise. Flow helps to relax, think positive, and flow with mindfulness exercises.



Let's Learn

It is important to know what we like, don't like, what we're good at, and what we need to work on.

Sometimes our brains focus more on the negative, and our thoughts influence our feelings and actions, so it is important to pay attention to how we think.

Kid President has a message just for YOU, to help you remember to keep the things you think and say positive. Check out his video here.



Let's Move

Time to move and groove with an Indoor Recess video.

Notice how confident you feel before exercising. After doing the video, how powerful do you feel?

Let's get it!



Let's Grow

Let's practice changing our negative self-talk into positive. Use this fun Pop That Thinking Bubble activity with yourself, or an adult, to help practice the things that we say, so that we can change our feelings and actions.

[English](#)

[Spanish](#)

