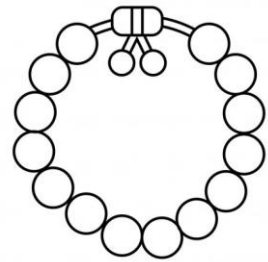
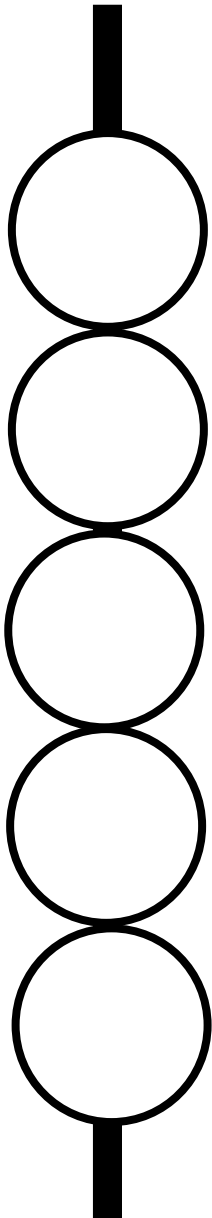


My Positive Self Talk Bracelet



Directions: Pick out 5 beads. Color in each bead to match the beads you have chosen. Write down one positive phrase/self talk that you can use when you are feeling worried. Examples: "I am not afraid" "I can do this" "I can be brave" "Worry's not the boss of me" "Take a deep breath"



When you are finished, string your beads together! Practice using the self talk beads as you put them together. Can you remember what phrases you chose to go with each bead without looking at the paper?