

Name: \_\_\_\_\_



**Draw a line from each feeling to a positive thought that can help you feel better.**

**Feeling**

**Positive Thought**

**When I feel nervous**

**"I'm going to get better at this."**

**When I feel frustrated**

**"I am a great student."**

**When I'm disappointed**

**"I can get through anything."**

**When someone is mean**

**"I get better every single day."**

**When I'm left out**

**"I have courage and confidence."**

**When I feel discouraged**

**"I believe in myself."**

**"I am proud of myself."**

**"I am a great friend."**