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 can get through anything."
When I'm disappointed | "I get better every single day."
When someone is mean | "I have courage and confidence."
When I'm left out | "I believe in myself."
When I feel discouraged | "I am proud of myself."
| "I am a great friend."