



Hi Kids!
One “magical” way to help yourself when you feel dragged-down, is to change what you’re thinking.



1. Catch yourself when you have dragged-down thoughts like:

Nothing feels right anymore.

I can't figure out what to do.

2. Decide to think something else.
I like thinking about all the things Darvy liked about me. Darvy said I was a good listener. He told me I was fun to be with. He even said I was the cutest dragonfly he ever saw!
I feel good when I think those thoughts.

3. Think about what **your special loved one** really liked about you. Write those thoughts in the clouds below.

