



Hi Kids.
One way to empower yourself when you're feeling "dragged down" is to put your "I am" first in your thinking. Your "I am" thought should be a positive statement about you.

Now choose an action that matches your positive statement.
For example:

I am happy. I choose to listen to my favorite music.

I am calm. I choose to read something I like.

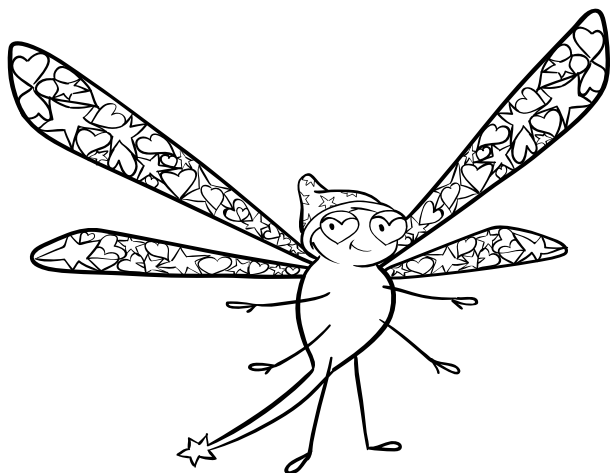


Now try your own ideas, then go ahead and do something.

I am _____. I choose to _____.

I am _____. I choose to _____.

I am _____. I choose to _____.



Good For YOU!