



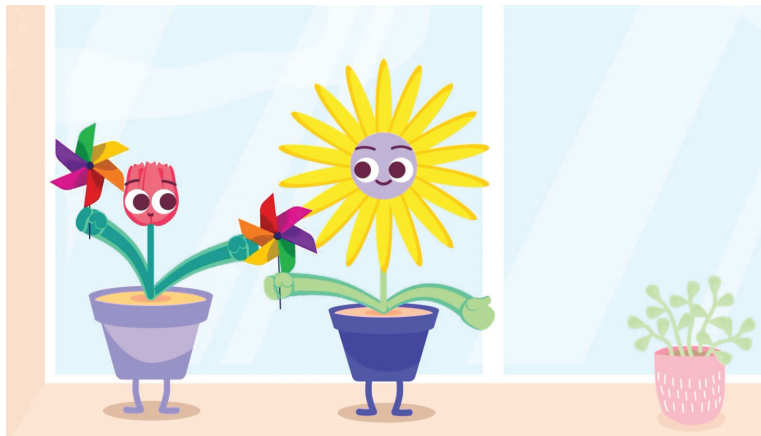
Feeling Good About Ourselves

We can use Positive Thinking to feel good about ourselves.

Name: _____

Today, I learned about Positive

THINKING



Practice saying to yourself, "I am kind!" Draw how this makes you feel.