



## Calming tool - Positive Self Talk



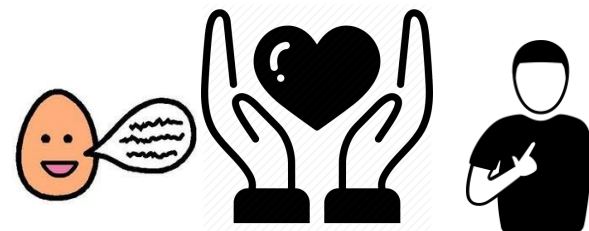
Sometimes I have negative thoughts.



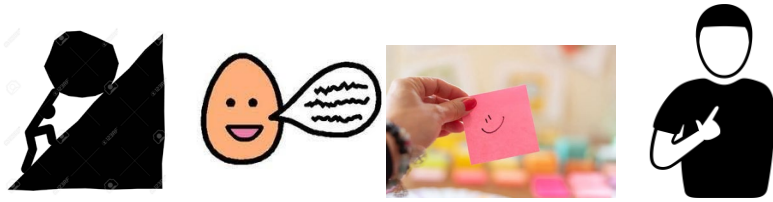
Negative thoughts can make me feel sad.



One way I can fight the negative thoughts is



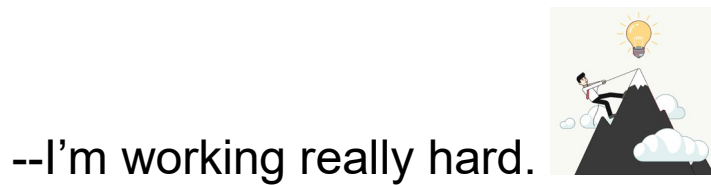
By speaking kindly to myself.



I can try saying positive things to myself.



Some positive things I can say are:



--Today is going to be an awesome day!



--I can get through this.



--This time will pass.



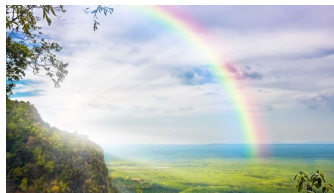
--This feeling will pass.

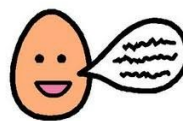


--I am strong!



--The best is yet to come!





What is your favorite positive self-talk sentence?

[Go Noodle - Be kind to yourself](#)