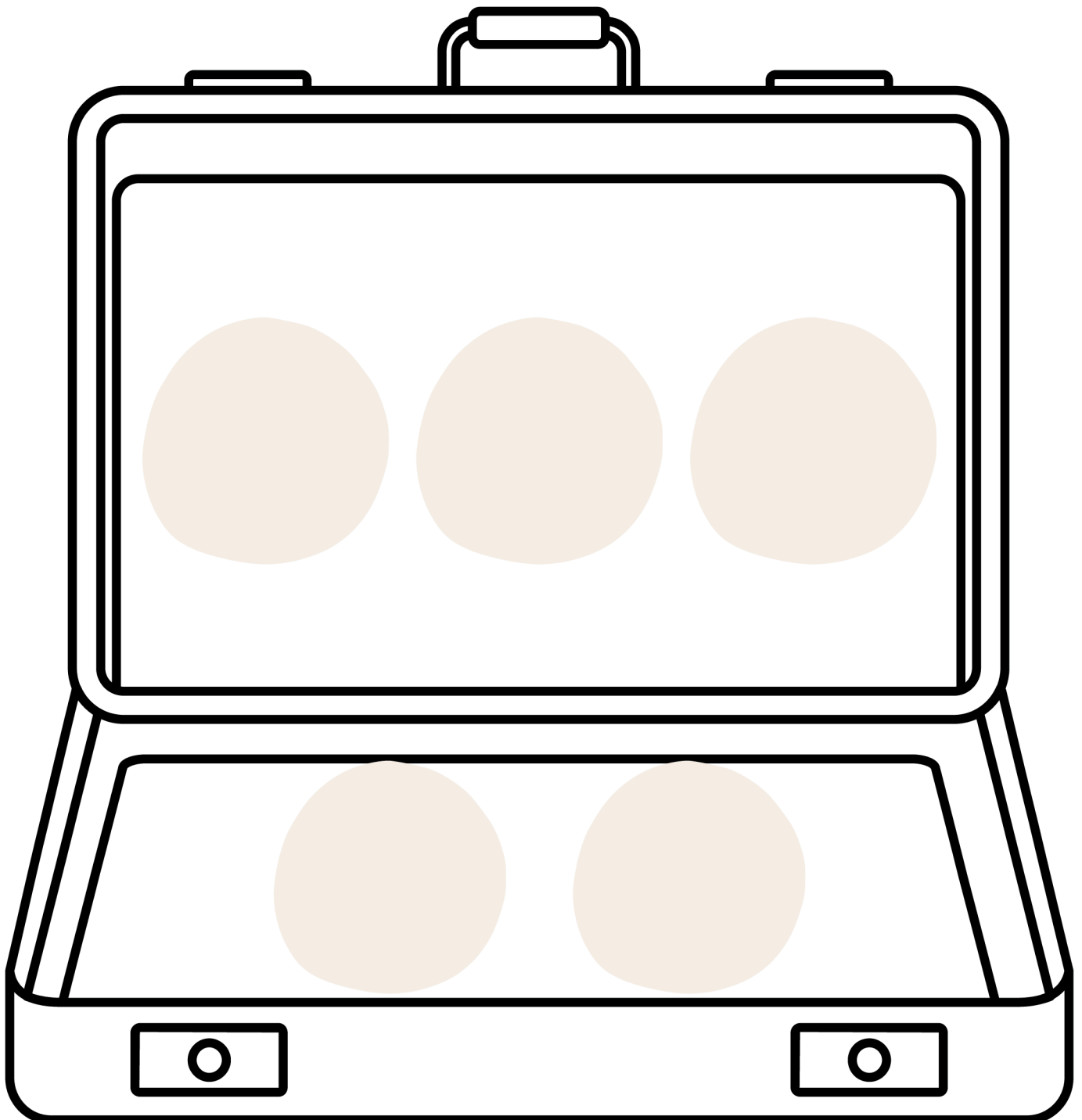


Name: \_\_\_\_\_



# MY BRAIN FIRST AID

What strategies can you use when you have uncomfortable feelings?

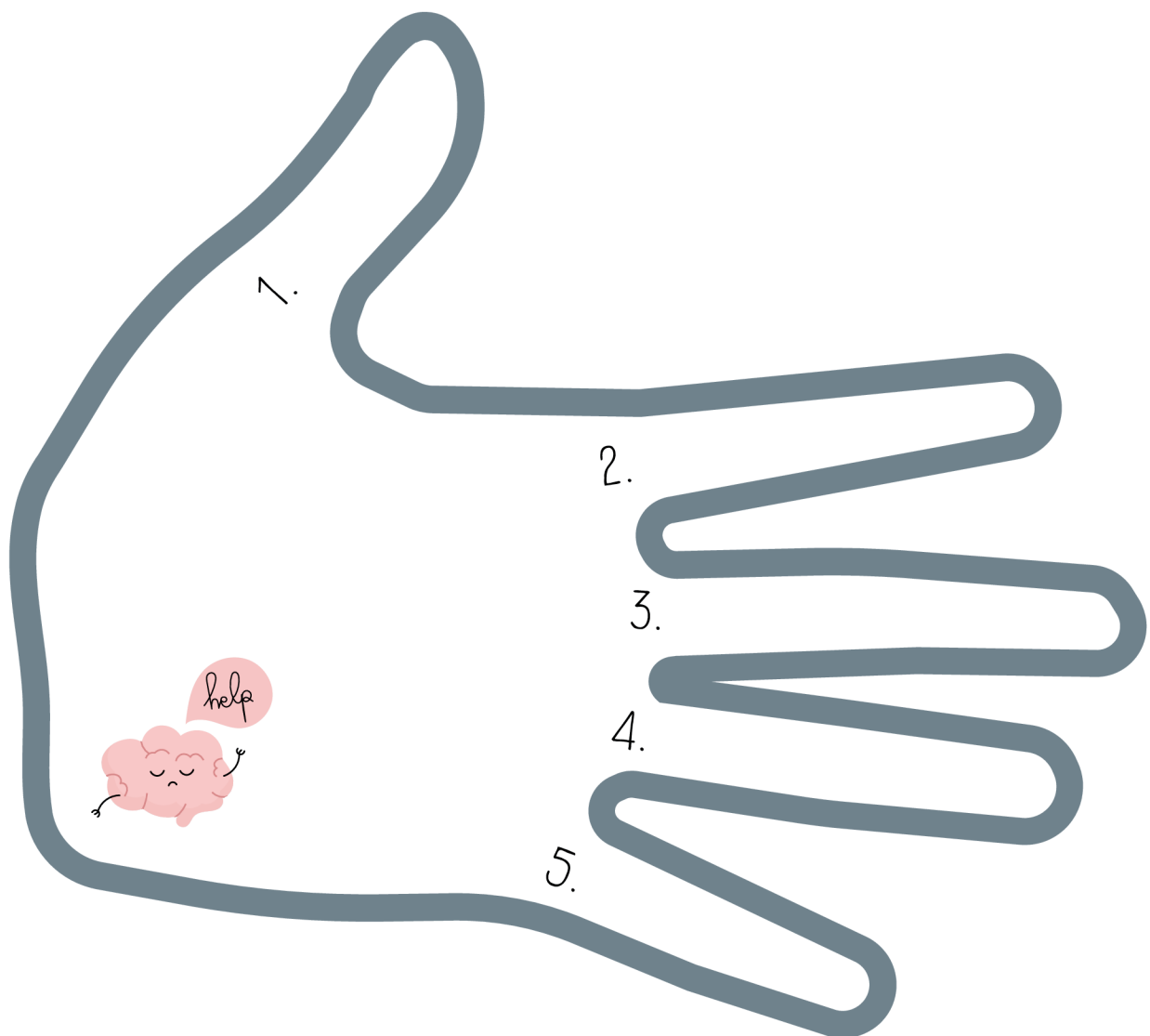


Name: \_\_\_\_\_



# SEEKING HELP

Safe people in my life I can go to when I need help:



Name: \_\_\_\_\_



# SELF-KINDNESS

It's hard to be happy when someone is being mean to you all the time.  
That's why it is so important to speak kindly to yourself and not be mean to yourself!

Fill in what you could say to yourself in each of these situations:

You didn't get chosen  
for a sports team.



You make a mistake  
when talking in front of  
the class.



You make a mistake or  
don't understand.



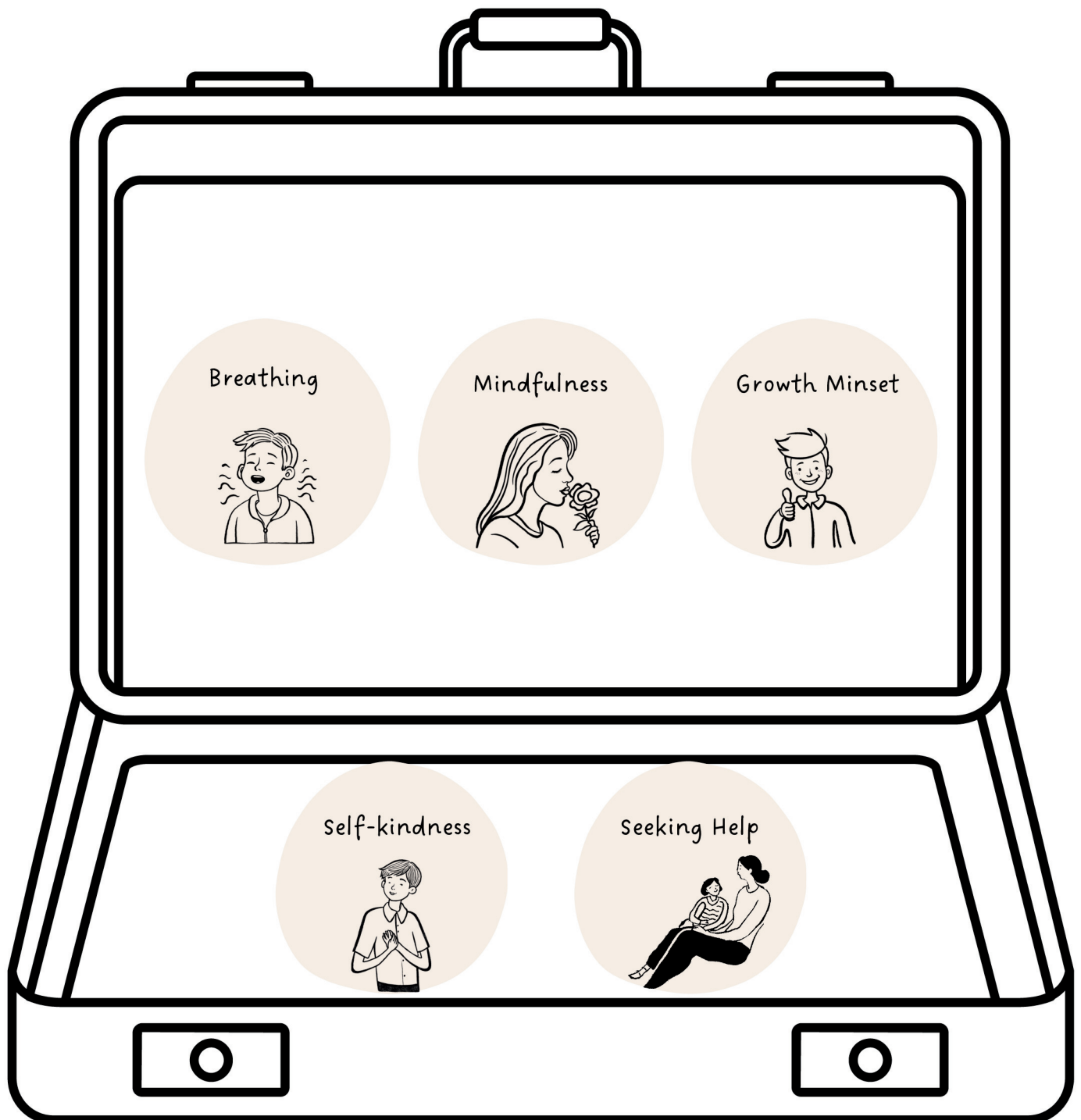
# ANSWER GUIDE

(There are no right or wrong answers. These are a guide.)



# ANSWER GUIDE

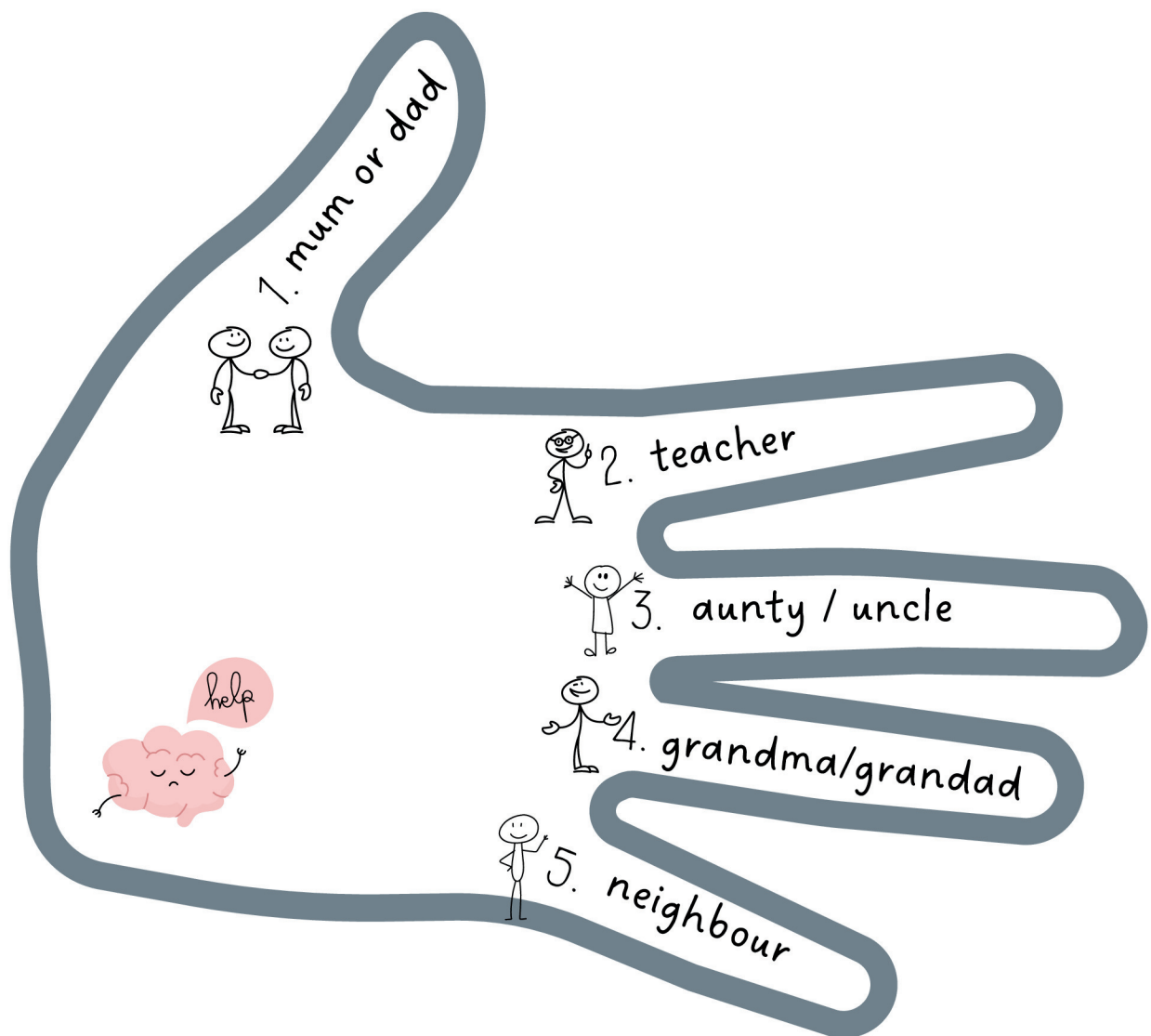
What strategies can you use when you have uncomfortable feelings?



# ANSWER GUIDE

(There are no right or wrong answers. These are ideas.)

Safe people in my life I can go to when I need help:



# ANSWER GUIDE

(There are no right or wrong answers. These are ideas.)

It's hard to be happy when someone is being mean to you all the time.  
That's why it is so important to speak kindly to yourself and not be mean to yourself!

Fill in what you could say to yourself in each of these situations:

You didn't get chosen  
for a sports team.



Oh well... I tried my best, there will  
always be next time. I am proud of  
myself for trying.

You make a mistake  
when talking in front of  
the class.



Everyone makes mistakes from time  
to time. It shows that I'm human  
and I'm proud that I gave it a go!

You make a mistake or  
don't understand.



Mistake are how you learn and it  
shows my brain is growing. I might  
ask for help.