

FEELINGS

I am stronger than my anger.

Push both hands hard against a wall and count to five. Then let go.

Gede the Gecko

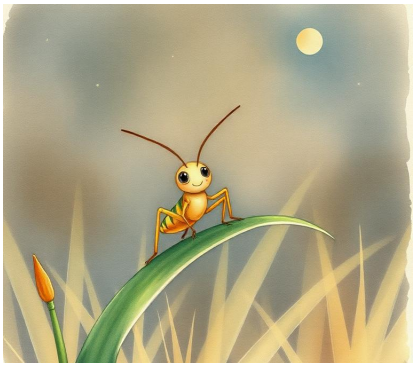


GROWING

I have good ideas.

Say one idea out loud, even a silly one.

Gede the Gecko

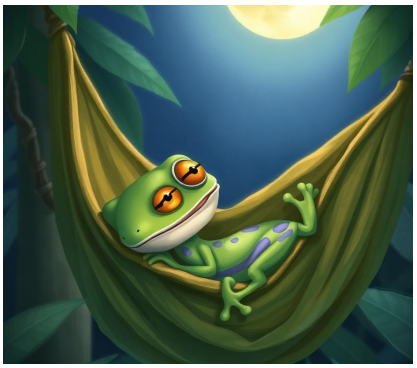


KINDNESS

My words have power.

Say something true and kind to one person today.

Gede the Gecko



BELONGING

I am safe and cared for.

Find the person or place that feels safest and picture it.

Gede the Gecko



COURAGE

Today I choose to be confident.

Stand tall, feet flat, and take one slow breath before you begin.

Gede the Gecko



BELONGING

I am very special.

Name one thing only you do your way.

Gede the Gecko



BELONGING

The world would be different without me.

Notice one person who is glad you are here.

Gede the Gecko



GROWING

Today can be a good day.

Pick one thing to look forward to before lunch.

Gede the Gecko



GROWING

My challenges help me grow.

Name one hard thing you did anyway.

Gede the Gecko



BELONGING

I matter.

Say your own name out loud, once, slowly.

Gede the Gecko



FEELINGS

I am allowed to ask for what I need.

Finish this out loud: “What I need right now is…”

Gede the Gecko



BELONGING

I am worthy of love.

Put one hand on your heart and leave it there for three breaths.

Gede the Gecko



BELONGING

I am good the way I am.

Look in a mirror and give yourself one small nod.

Gede the Gecko

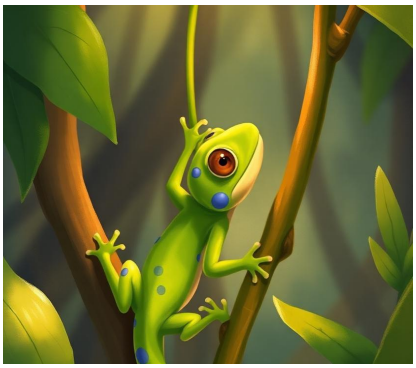


KINDNESS

I am grateful for three things today.

Count them on your fingers before you sleep.

Gede the Gecko



COURAGE

I keep going with what matters to me.

Do one more try, then stop for today.

Gede the Gecko



GROWING

It is okay to make mistakes.

Say “oops” out loud, shake your hands, and start again.

Gede the Gecko

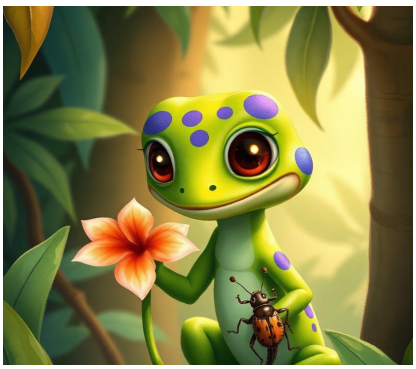


KINDNESS

There is something beautiful near me.

Find one beautiful thing in this room right now.

Gede the Gecko

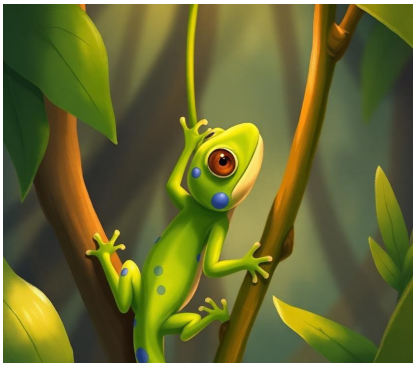


KINDNESS

Someone thinks I am amazing.

Tell someone else that they are, too.

Gede the Gecko



GROWING

Something new is possible for me.

Name one thing you could not do last year.

Gede the Gecko



BELONGING

I can be myself.

Do one thing today the way you actually like it.

Gede the Gecko



COURAGE

I can, and I will.

Say it once quietly, then once out loud.

Gede the Gecko



GROWING

The more I learn, the further I can go.

Read one page more than you meant to.

Gede the Gecko



BELONGING

I can argue with my family and still be loved.

After a fight, sit near them without talking for a minute.

Gede the Gecko



CALM BODY

I choose how I answer what happens.

Wait three breaths before you say the next thing.

Gede the Gecko



KINDNESS

I can listen when someone shares their feelings.

Listen all the way to the end without fixing it.

Gede the Gecko



GROWING

I do not have to be perfect to be amazing.

Leave one thing unfinished on purpose.

Gede the Gecko



KINDNESS

I am responsible for the words I speak.

Before you speak, ask: is it true, is it kind?

Gede the Gecko



COURAGE

I am braver than I believe.

Remember one time you were scared and did it anyway.

Gede the Gecko



KINDNESS

I do the right thing, even when nobody is looking.

Fix one small thing nobody asked you to fix.

Gede the Gecko



BELONGING

I am supported, and I can ask for help.

Ask one person for one small thing today.

Gede the Gecko



CALM BODY

My mind jumps like a monkey, and it can rest.

Invite the monkey to sit on one branch and breathe three times.

Gede the Gecko



CALM BODY

I tell my mind what to do, not what not to do.

Swap “don’t worry” for “breathe slowly”.

Gede the Gecko



BELONGING

I like who I am.

Name one thing you like about yourself out loud.

Gede the Gecko



COURAGE

I can do hard things.

Break the hard thing into three small ones. Do the first.

Gede the Gecko



GROWING

My ideas are worth saying.

Write one idea down before it disappears.

Gede the Gecko



GROWING

I can work through my problems.

Say the problem out loud in one sentence. That is the start.

Gede the Gecko



GROWING

I learn in my own good time.

Notice one thing you understand better than yesterday.

Gede the Gecko



BELONGING

I am loved.

Think of the person who is happiest to see you.

Gede the Gecko



KINDNESS

I speak with kindness.

Say one kind thing before you say anything else.

Gede the Gecko

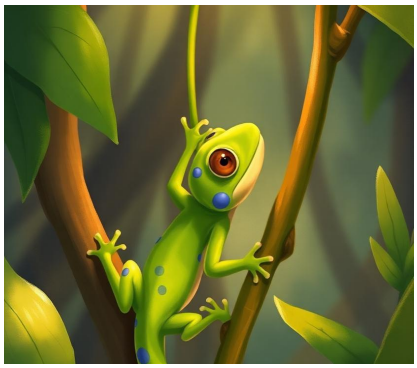


COURAGE

Today I can lead.

Go first in one small thing.

Gede the Gecko



GROWING

I like being challenged.

Choose the slightly harder option once today.

Gede the Gecko



KINDNESS

I respect people even when I disagree.

Say “I see it differently” instead of “you’re wrong”.

Gede the Gecko



FEELINGS

I deal with anger in healthy ways.

Stomp ten times, then say what made you angry.

Gede the Gecko



BELONGING

I am a good friend.

Check on one friend today, with no reason.

Gede the Gecko

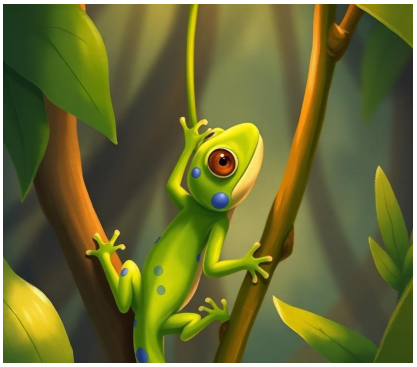


BELONGING

I can be myself in my friendships.

Say one true thing you usually keep quiet.

Gede the Gecko



GROWING

I can reach my goals.

Do the smallest next step, right now.

Gede the Gecko



FEELINGS

I do not compare myself to others.

Look at your own hands and your own work for one minute.

Gede the Gecko



COURAGE

I know my super powers.

Name the thing people always ask you for help with.

Gede the Gecko



FEELINGS

I take care of my feelings by noticing them.

Put a name on the feeling. Just the name is enough.

Gede the Gecko



KINDNESS

I bring joy to the world.

Make one person laugh today.

Gede the Gecko



COURAGE

I am in charge of what I do next.

Choose one thing today that is only your choice.

Gede the Gecko



COURAGE

I am a superstar.

Take a bow. Yes, really.

Gede the Gecko