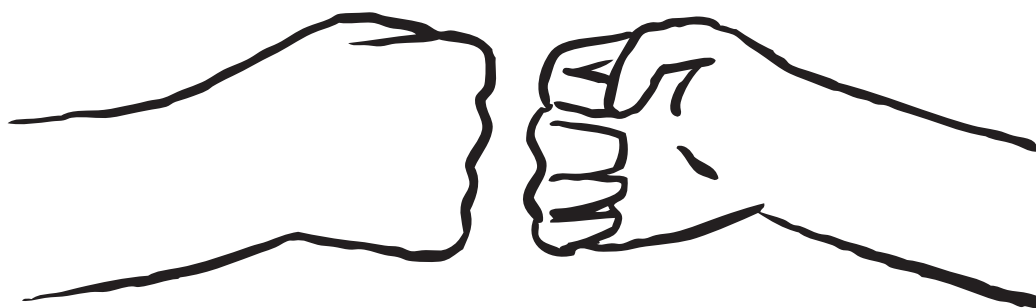


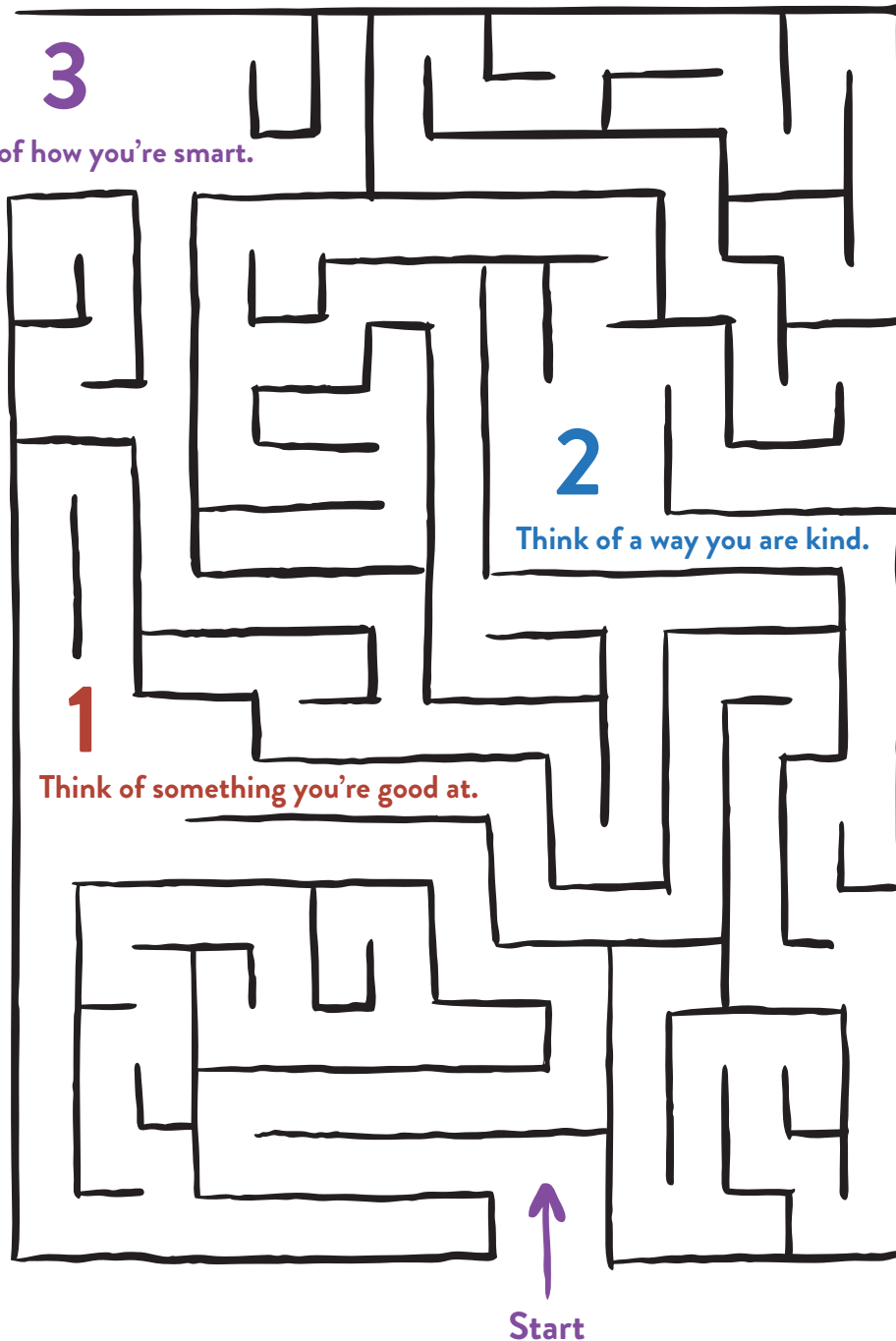
MOOD

SMILE YOUR BIGGEST SMILE!

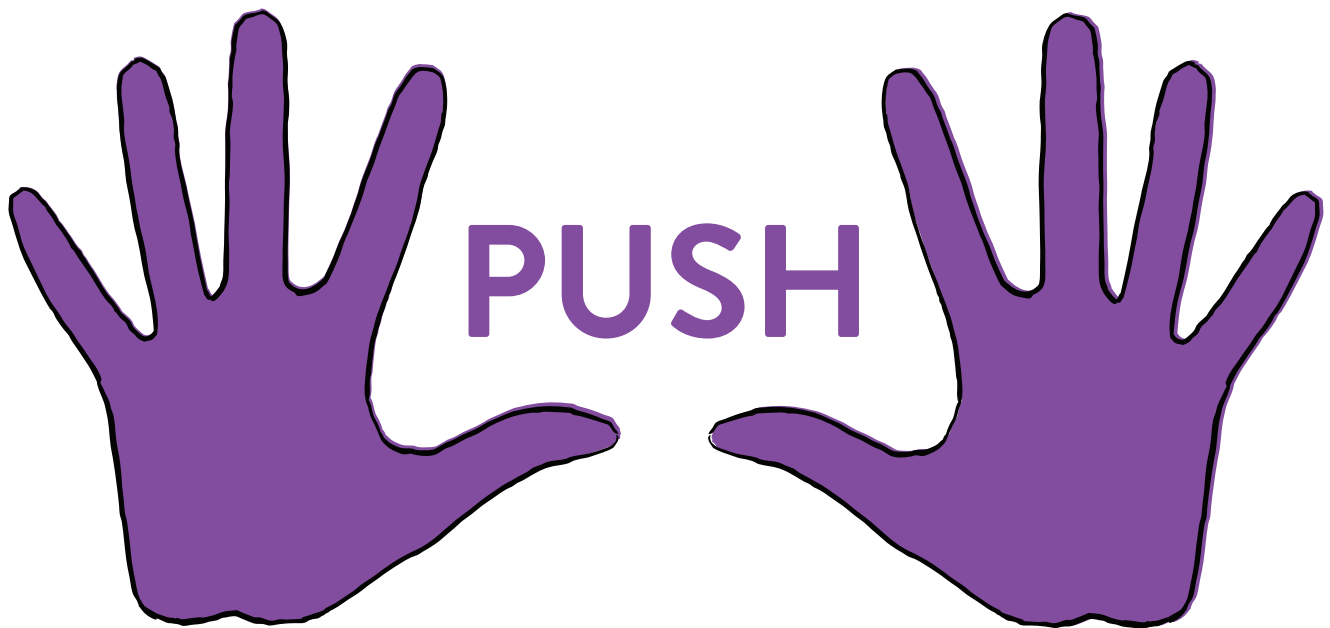


Give a fist bump here!

WHAT DO YOU LIKE ABOUT YOURSELF?

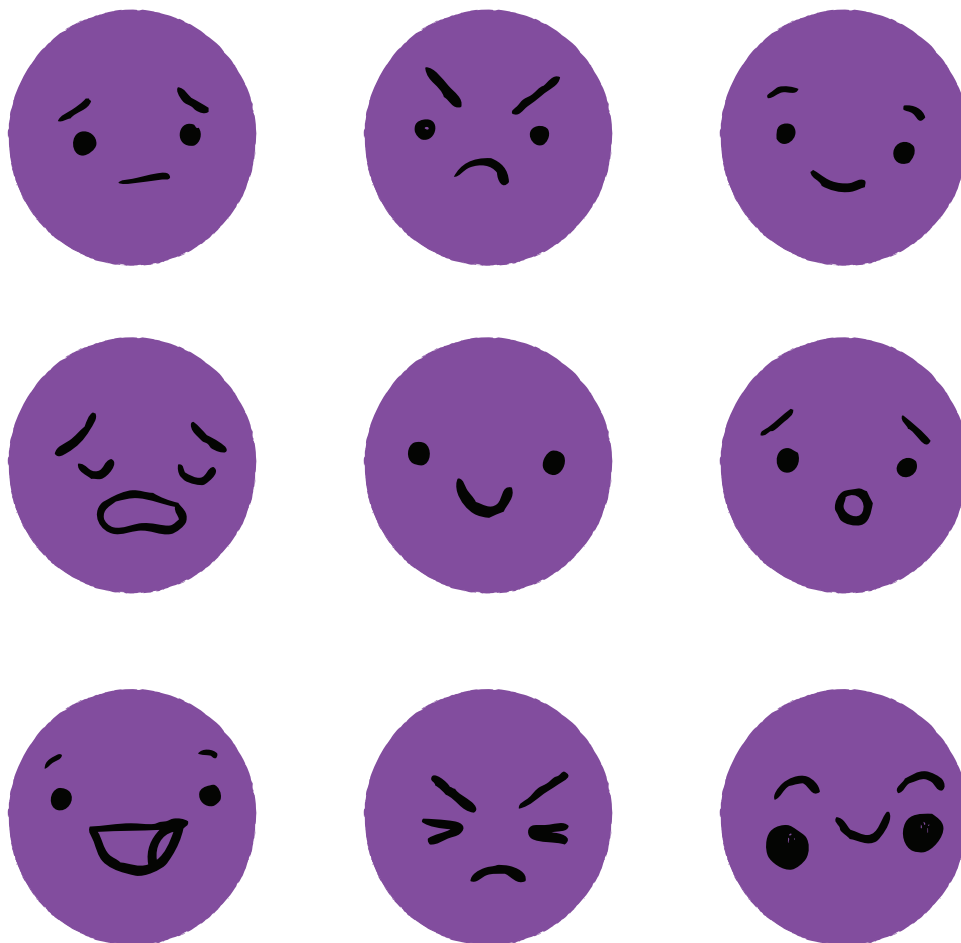


WHAT MAKES YOU FEEL STRONG?



Think of three things that make you feel **STRONG!**

CHANGE YOUR MOOD!



Point to the negative moods. Then turn around three times, and point to the positive moods. Think about how you might change your mood from negative to positive when you have a tough situation.

CELEBRATE!



Pat yourself on the back for something positive you recently did.

**SMILE YOUR BIGGEST
SMILE!**



Give a high five here!