



"I am in control of my thoughts and my life."

Day 1, Make a list of everything
you are good at. Hang it
somewhere you can see every
day.



"I will not give up, no matter how hard it gets."

Day 2, Find one or two songs
that make you feel better when
you listen to them. Download
them onto a device for easy
access. Listen to
them as needed.



"These negative feelings will pass."

Day 3, Clean your room and put everything in its place. Do you feel better with the clean, organized space?



"I am capable of solving problems that arise."

Day 4, Color, draw, or doodle for 20 minutes without distractions from technology.



"I can learn from my mistakes."

Day 5, Spend the entire evening after school without social media, video games, or youtube.



"My weaknesses do not define me."

Day 6, Spend 15 minutes outside- walking, biking, playing in the snow, tossing a ball, or just sitting in the fresh air.



"I am loved and supported."

Day 7, Download The Calm App (it is free) and listen to one of their calming stories.



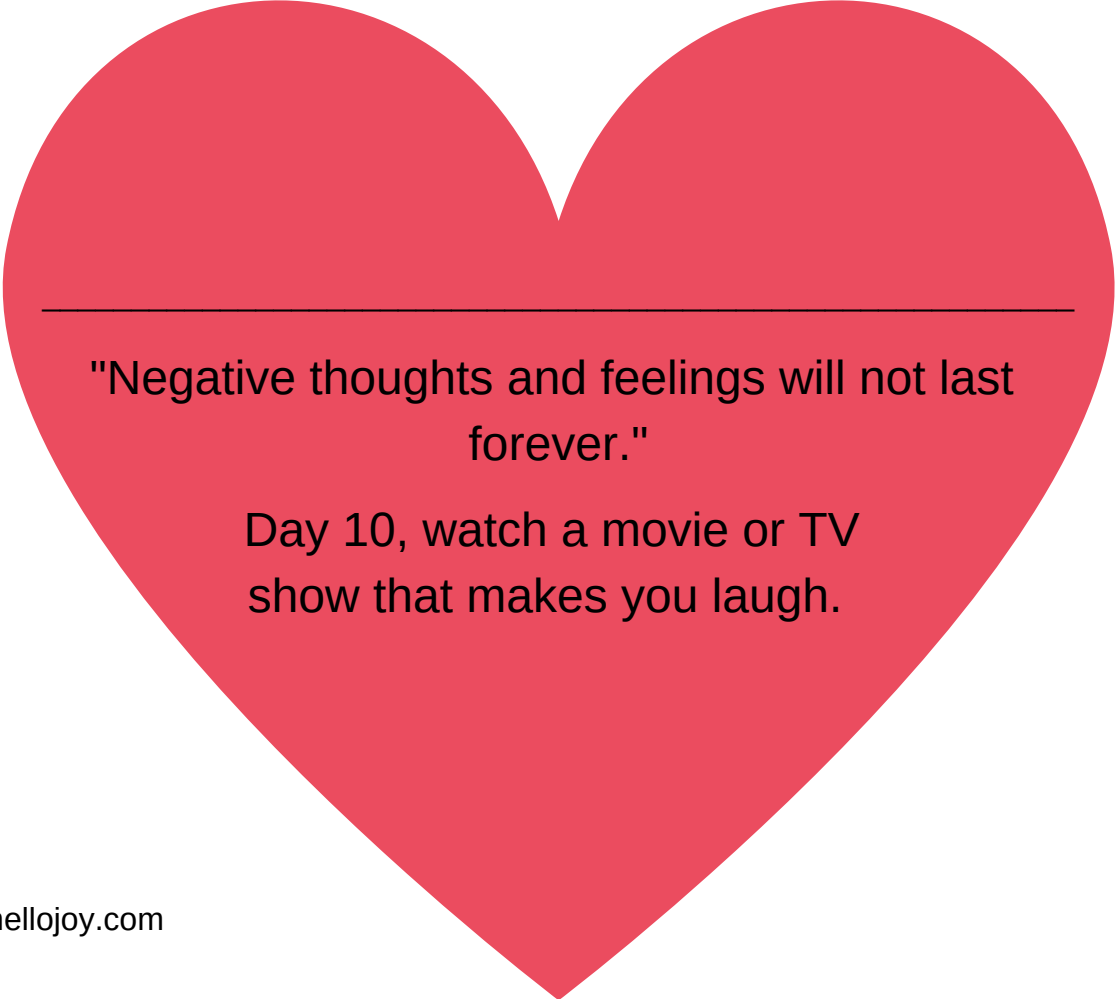
"I deserve to make my dreams come true."

Day 8, spend 5 minutes writing anything that comes to mind.



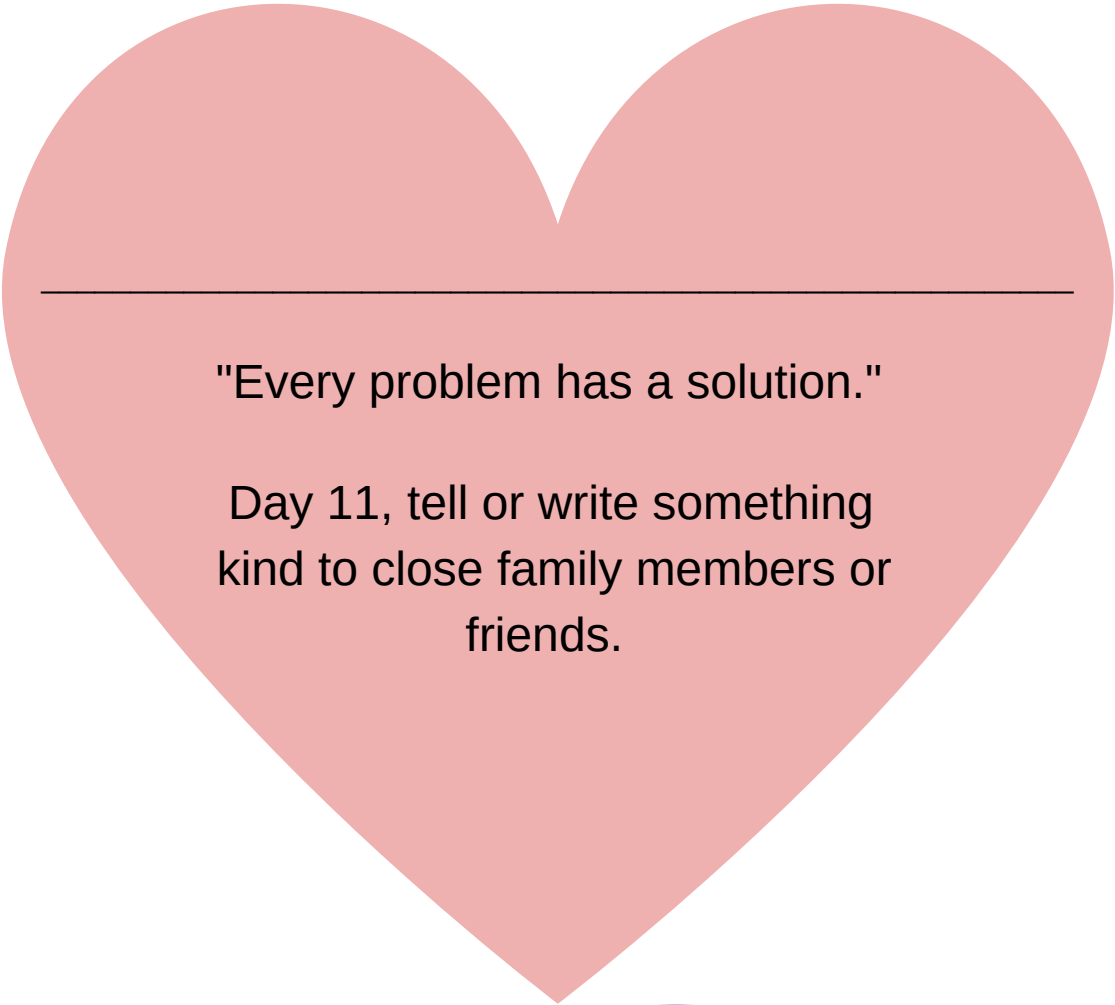
"I can turn a negative into a positive."

Day 9, make a list of everything that you are grateful for in your life. Post this somewhere that you can see often.



"Negative thoughts and feelings will not last forever."

Day 10, watch a movie or TV show that makes you laugh.



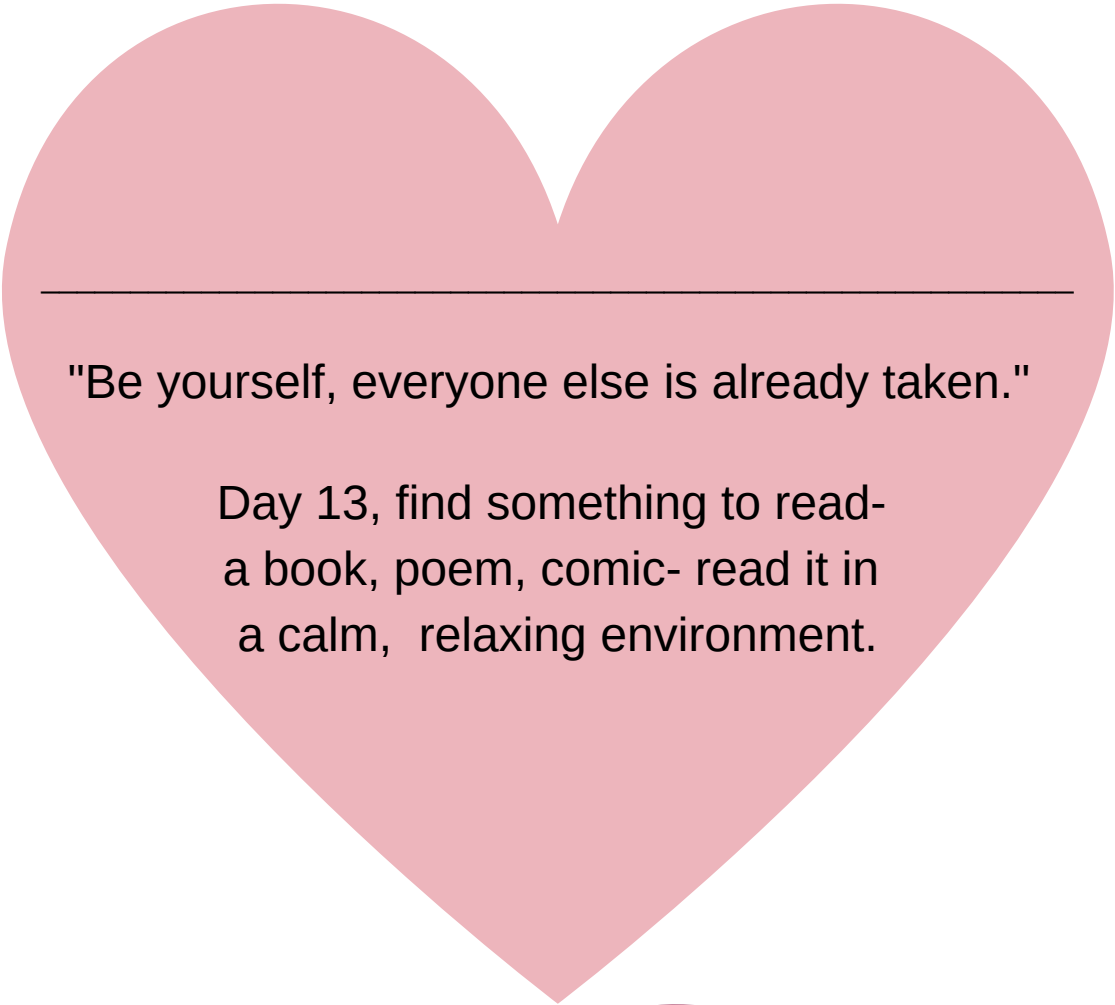
"Every problem has a solution."

Day 11, tell or write something kind to close family members or friends.



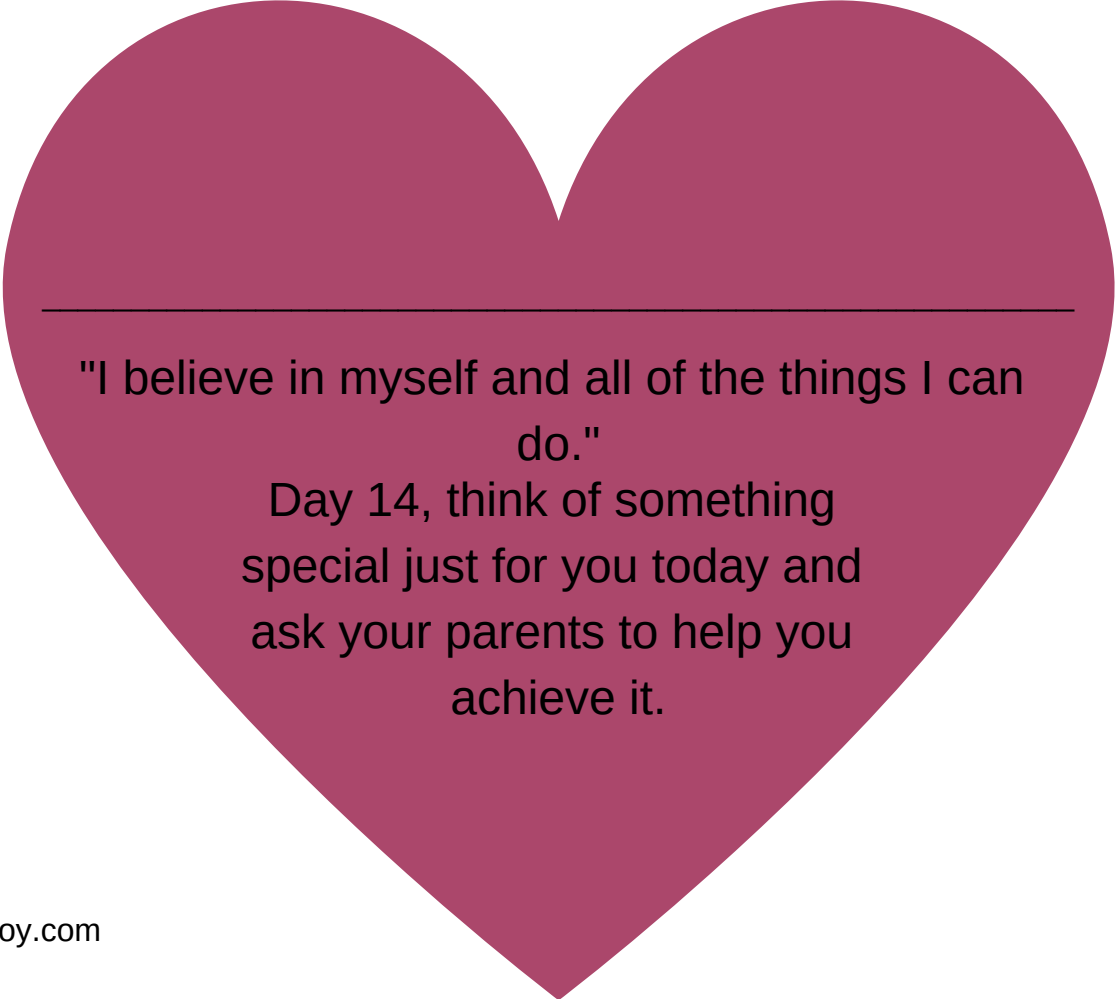
"Every day is a new day."

Day 12, get ready for bed a few minutes earlier than usual...read a book, listen to music, cuddle with your pet or stuffed animal.



"Be yourself, everyone else is already taken."

Day 13, find something to read-
a book, poem, comic- read it in
a calm, relaxing environment.



"I believe in myself and all of the things I can
do."

Day 14, think of something
special just for you today and
ask your parents to help you
achieve it.