The “I Can” Flower

KIDS:
At the center of the flower, draw your face. Then choose a petal. Do what it says, then color it in.

GROWN-UPS:
Along the stalk, write words that describe things the child can do (draw, be kind, ask for help, jump, and so on). Display the completed flower.

Take three deep belly breaths. Say out loud: I can calm myself down.

Say one thing you are really good at. Say out loud: I can do it. I have what it takes!

Move your body in a way that shows how you’re feeling inside. Say out loud: I can show how I feel without using words.

Give yourself a hug. Say out loud: No matter how I’m feeling, I can give myself a hug.