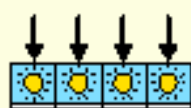
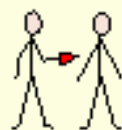
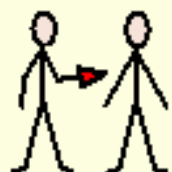




Self-Talk



Everyday at school and at home we talk to ourselves about what is going on.



What do you say to yourself?



Do you think helpful, kind and positive thoughts?