

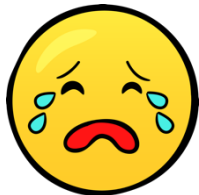
# This is

	What's the challenge?	Strategy
	Feeling	New Feeling
Draw Activity		

## Challenge



anger



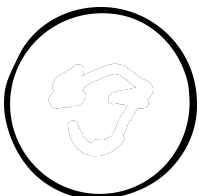
upset



embarrassed



frustrated



add your own

## Success



happy



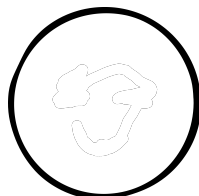
proud



smart



hopeful



add your own

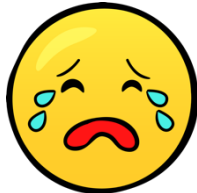
# This is Me

<i>Draw Activity</i>	<i>What's the challenge?</i>	<i>Strategy</i>
	<i>Feeling</i>	<i>New Feeling</i>

## Challenge



anger



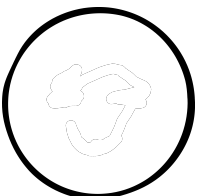
upset



embarrassed



frustrated



add your own

## Success



happy



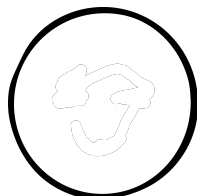
proud



smart

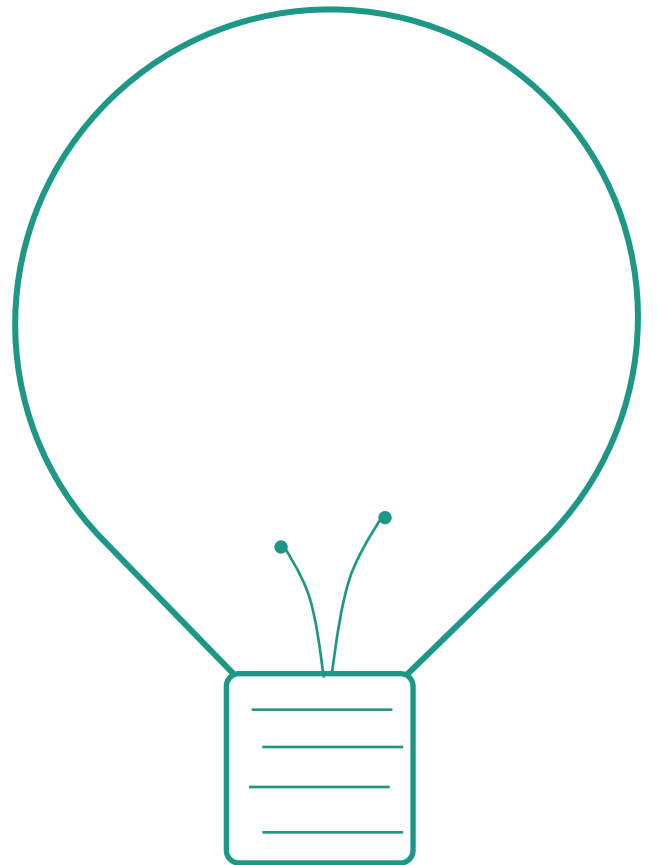
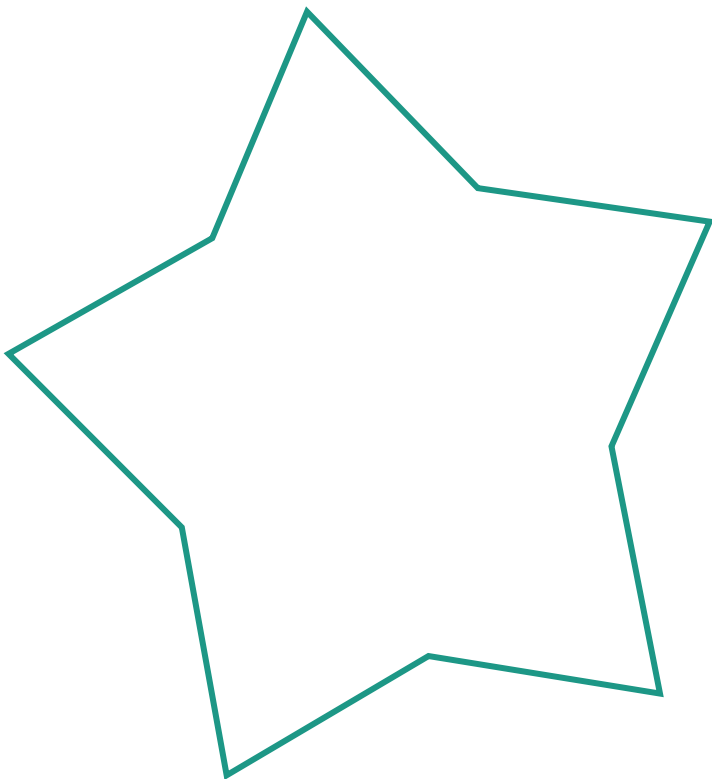
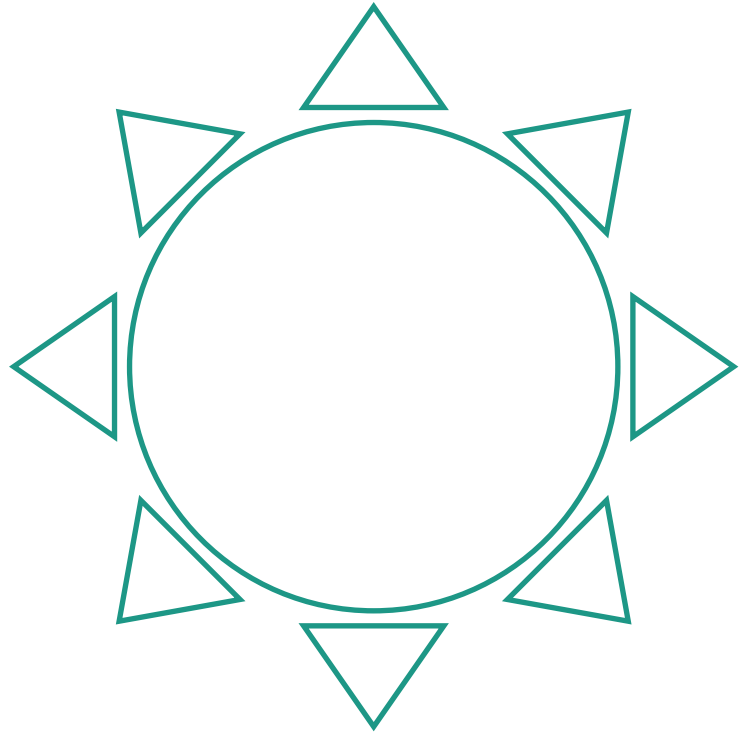
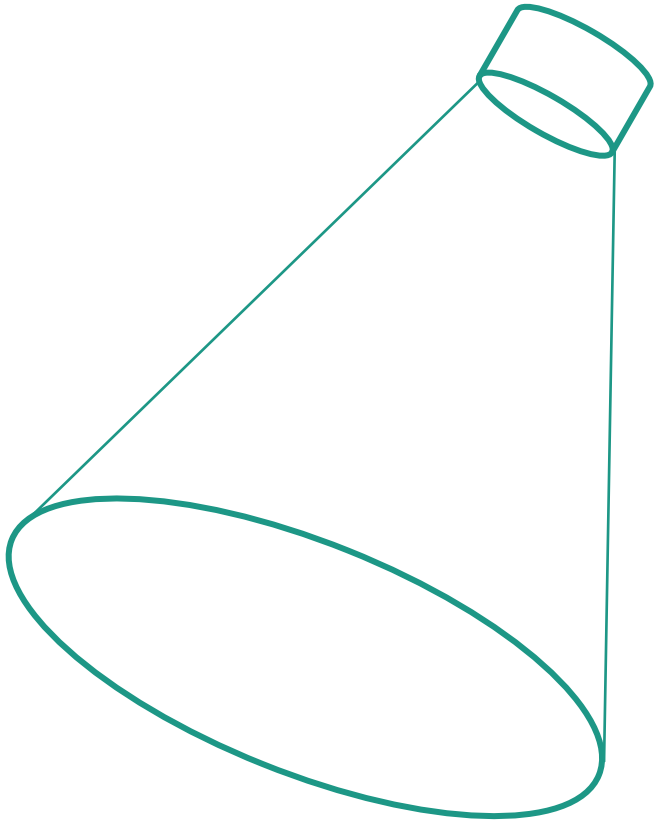


hopeful

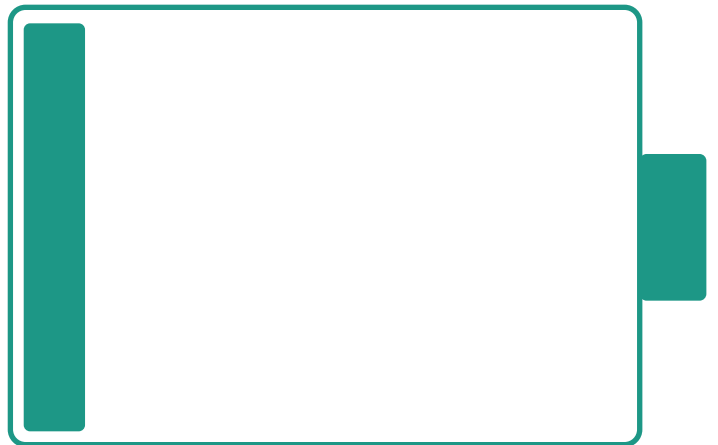
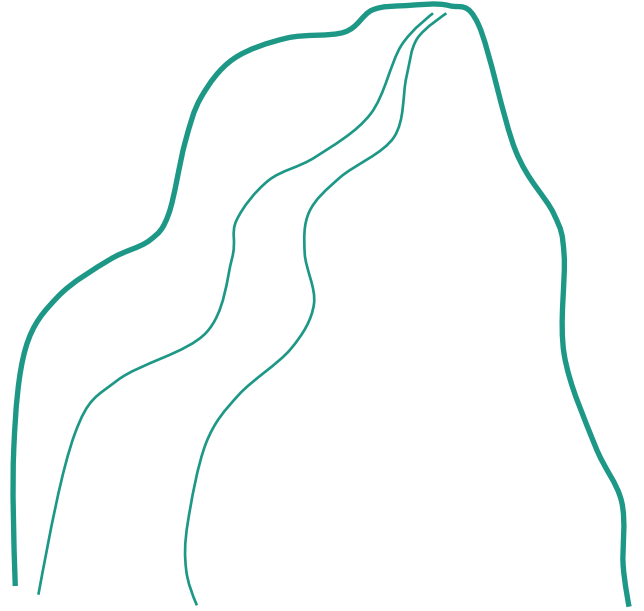
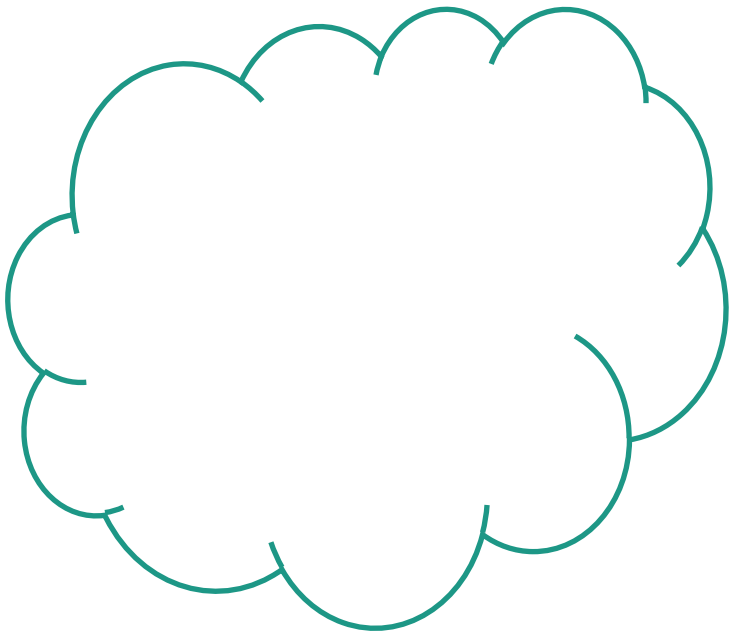


add your own

# Wow! Watch Me...




# Wow! Help Me...




# All About Me

<i>Challenge</i>	<i>1<sup>st</sup> Feeling</i>	<i>Plan of Action</i>	<i>Result</i>



Sing a song.



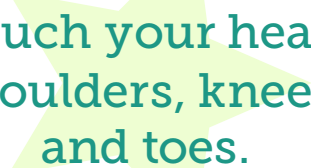
Hop, clap, and twirl.




Do 5 jumping jacks.




Do 3 push ups.



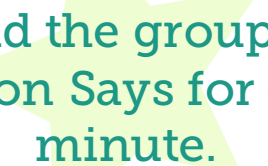
Touch your head,  
shoulders, knees,  
and toes.



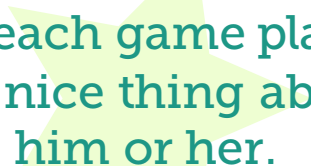
Write your name on the  
board.




Draw a star and put  
your name in it.



Lead the group in  
Simon Says for one  
minute.



Tell each game player  
one nice thing about  
him or her.



Give each game  
player a high five.