



Wynne Kinder, M. Ed.



# I am, I can

**365 affirmations for kids**



With inspiring stories and creative activities



# I am, I can

**365 affirmations for kids**



Written by **Wynne Kinder, M. Ed.**

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Penguin  
Random  
House

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## Safety information

Please supervise and help your child as necessary with the simple activities in this book. Be aware of your child's limitations and encourage them not to strain themselves during any of the movements. Awareness and attention practices might be mentally challenging, and any physical activity has some risk of injury.



# Introduction

Well, here it is, a book with the most powerful words you'll ever read.

They are powerful because the words you say in your own mind can affect how everything goes for you. Positive words have a way of creating a sense of strength, calm, confidence, and kindness from the inside.

Words also have the power to hurt or make you feel unworthy or useless. Those kinds of words have power too—but only if you let them.

You can choose positive, helpful words, also known as affirmations, instead of negative ones. Notice how moments of hope, optimism, and confidence increase the more often you think and speak positive words.

Some people use affirmations to start their day, before they share a meal, or when they go to bed. Athletes use them at competitions, musicians before performances—really anyone can use them during challenging moments.

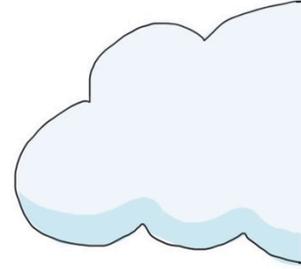
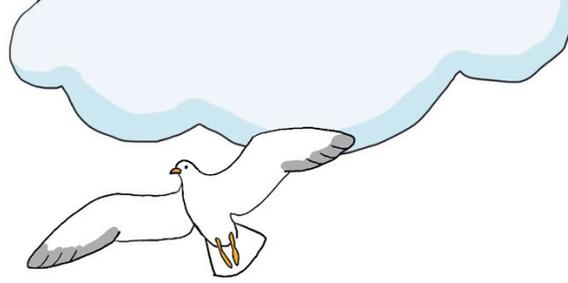
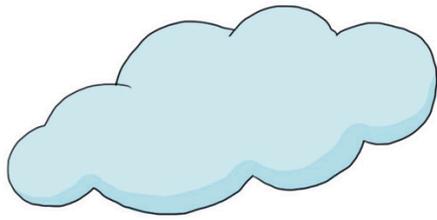


## **My affirmation story**

My mom could feel my fear. I was five years old and we were on a small sailboat making our way across a huge stormy lake. The wind roared and bitterly cold waves splashed onto the deck.

She knew her hugs were not enough to help me feel safe, so she taught me to repeat hopeful words, or affirmations, in my mind.

She said: *"I'll be OK, you'll be OK, and we'll be OK together."*



This book is a guide to making affirmations a part of your daily routine. Give these affirmations power by choosing to repeat them, then pay attention to how you feel on the inside.

I noticed, while writing this book, that the words in my mind became more positive and my feelings did too. My words affected how I felt about myself and what I could do. I experienced the power of affirmations—and so can you.

Enjoy,

Wynne

**Wynne Kinder** has been teaching for more than 30 years. She started with math, science, reading, and writing, and in 2004, moved onto mindfulness. Wynne continues to explore mindfulness with students, teachers, and families. She's written one other DK book, *Calm*, and co-authored online resources for GoNoodle.



My mom reminded me that affirmations are special words that become powerful when we repeat them.

With the words silently flowing through my mind like a song, I started to imagine more graceful waves, felt her warm arms holding me, and noticed how strong the safety ropes felt in my hands. I began to feel better, safer, as we watched and rode the waves together. My silent words helped affirm for me, on the inside, that we were together and we were going to be fine. Wet, but fine.

# Affirmations

The words you say inside your head are powerful. Repeating uplifting statements, or affirmations, to yourself helps you take control of these thoughts and can positively affect your day.

Self-awareness

Growth

Adventure

Positivity

Calm

Learning

Family  
and friends

## Monthly themes

There is a different theme for each month of the year, such as adventure, creativity, and joy. These help guide your mindful self-talk and give you a lot of inspiring ideas of ways to feel more positive.

# Positive thinking

Affirmations and self-talk have been proven to change your mindset, from negative to positive. The words in this book can help you feel more optimistic, confident, and calm.



# How to enjoy this book

There are 12 chapters in this book—one for each month of the year. Different pages include special mindful movements, inspiring people and events in history, and simple activities to help bring affirmations to life.



Picture pages introduce you to the monthly theme.

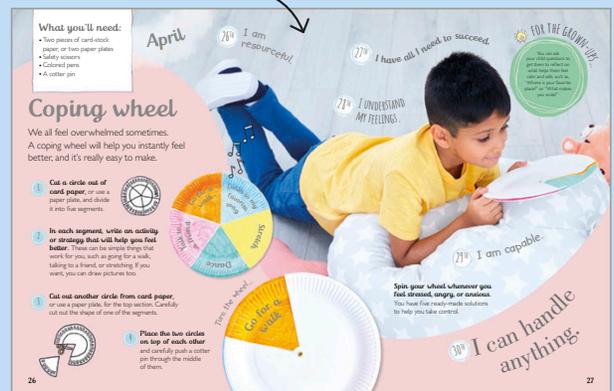
Mindful movements show you how to practice simple calming exercises.



Activities encourage practical techniques to explore affirmations more.

Some affirmations are tied to key inspiring people and events from history.

FOR THE GROWN-UPS...  
It's up to you how you want to share this book with your child. You could read one affirmation each day, or dip in and out as you want. Maybe check in on the "Feelings index" at the back of the book.



# January Positivity

Positive thinking is powerful. It can change the way we feel about how things are going. It isn't, however, always easy to achieve. Creating a "happiness jar" will help you practice having a positive outlook.



## Happiness jar

Fill a special jar with intentions and affirmations that you write or find on these pages. Begin each week by choosing one and let that message inspire a positive mindset for the week.

Many people don't like change, but being open to it makes it easier.

## What you'll need:

- A jar
- Paper
- A pen or pencil

It's good to make mistakes! They help you improve.

1<sup>ST</sup>

Every day is a fresh start.

2<sup>ND</sup>

I have a lot to be proud of.

3<sup>RD</sup>

I embrace change.

4<sup>TH</sup>

I HAVE SO MUCH POTENTIAL.

5<sup>TH</sup>

It's OK to make mistakes.

6<sup>TH</sup>

I do my best.

7<sup>TH</sup>

I always try to see the bright side.

8<sup>TH</sup>

I choose to be confident.



Being positive helps you cope when things seem difficult.

9<sup>TH</sup>

Everything will be OK.

10<sup>TH</sup>

GOOD THINGS ARE COMING MY WAY.

11<sup>TH</sup>

I can accomplish my goals.

12<sup>TH</sup>

I have everything I need to succeed.

13<sup>TH</sup>

I feel happy to wake up each morning.

14<sup>TH</sup>

I AM HOPEFUL.

15<sup>TH</sup>

The best is yet to come.

Take a moment to read and think about the affirmation.



At the end of the year, your jar will be full of 52 happy messages to reflect back on.

What do you want to achieve today?  
No goal is too small!

## Arms of victory

Breathe in and raise your arms up wide, to make a "V" shape. Breathe out and stay in this strong pose for three breaths, then feel the positive energy as you float your arms down.



Feel victorious with this mindful movement.

# January



17<sup>TH</sup>

I AM MY OWN HERO.

16<sup>TH</sup>

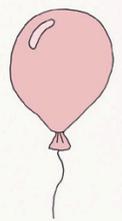
We are all special.

18<sup>TH</sup>

I am optimistic.

19<sup>TH</sup>

I can set goals.  
Some people find setting positive goals keeps them inspired and motivated through the week.



20<sup>TH</sup>

I TRY NEW THINGS.  
What have you always wanted to try? Maybe it's tasting a new food or joining a sports team—now is the time! Give it a whirl.

21<sup>ST</sup>

I AM STRONG.



22<sup>ND</sup>

I BELIEVE IN MYSELF.

23<sup>RD</sup>

I am ready for the day.

- Get plenty of sleep.
- Think about what you want to achieve.
- Eat a healthy breakfast.

24<sup>TH</sup>

### I'm good at...

Make a list of all of the things you're good at. Are you a great listener? Are you a pro at the piano? Read over this list whenever you need a pick-me-up.

26<sup>TH</sup>

### I see the best in people.

Focusing on the good aspects of people's personalities will fill your interactions with positive energy.

28<sup>TH</sup>

My smile makes other people happy.

30<sup>TH</sup>

I KEEP TRYING.

27<sup>TH</sup>

### I am loved and supported.

People show they believe in you by asking how you are doing, wondering about your interests, and by listening to your stories. Let people support you.

31<sup>ST</sup>

This will be a great week!

25<sup>TH</sup>

I am open-minded.

29<sup>TH</sup>

I CAN DO ANYTHING I PUT MY MIND TO.

# February Love

Loving yourself and others takes effort. It's important to show those around you that you care, because the way you treat them indicates how you'd like to be treated.

I can love myself.

2<sup>ND</sup>

It is very hard to love others if we don't feel it for ourselves. Be kind to yourself.

I AM LOVABLE.

3<sup>RD</sup>

I am a good friend.

4<sup>TH</sup>

I am compassionate.

5<sup>TH</sup>

Compassion means loving and caring. This comforting kindness can be toward ourselves and others.

I can build trust.

1<sup>ST</sup>

My heart is full.

6<sup>TH</sup>

I CAN SAY NICE THINGS.

7<sup>TH</sup>

Letting go of bad feelings helps everyone feel better and move on from tough situations.

I can forgive people.

8<sup>TH</sup>

I AM WORTHY OF PRAISE.

9<sup>TH</sup>

I accept myself for who I am.

10<sup>TH</sup>

It takes a caring heart and patience to notice when someone is sad or needs our attention.

My actions can help people feel better.

12<sup>TH</sup>

I can tell when friends are sad.

13<sup>TH</sup>

I have a good heart.

11<sup>TH</sup>

I am loving.

14<sup>TH</sup>

I can take care of others.

15<sup>TH</sup>



## Double rainbow

Sit next to a friend. Take a full breath in and reach your outside arms to the side and then up. Exhale to bend toward each other. Your fingertips might touch. Imagine a rainbow and breathe smoothly.

## What you'll need:

- Sticky notes or small pieces of paper
- A pen or pencil

# February

## I see me

Do you ever feel negative about yourself? You can change those not-so-good feelings by gently reminding yourself how amazing you really are with this “I see me” activity.

- 1 **Look in the mirror** and think about how amazing you are. Smile!
- 2 **Write down** something wonderful about yourself—perhaps inspired by these pages—and stick it on or around the mirror.
- 3 **Each day, look in the mirror** and write a new affirmation that reminds you to see yourself for who you really are.

FOR THE GROWN-UPS...

This could be a good opportunity for discussion and reflection together. Help your child to frame their words to project a positive tone.

16<sup>TH</sup>

MY ACTIONS  
HELP OTHERS.

17<sup>TH</sup>

I am  
generous  
with my time  
and energy.

18<sup>TH</sup>

My emotions  
are real and  
helpful.

19<sup>TH</sup>

I CAN FEEL SAD  
AND KNOW  
I'LL BE OK.

20<sup>TH</sup>

I can let go  
of conflicts  
with others.

21<sup>ST</sup>

I AM A GOOD  
LISTENER.

22<sup>ND</sup>

I know  
when I am  
needed.

24<sup>TH</sup>

I am worthy of love.

I am dependable.

27<sup>TH</sup>

I can share what I am feeling.

23<sup>RD</sup>

I am kind.

25<sup>TH</sup>

26<sup>TH</sup>

MY FEELINGS MATTER.

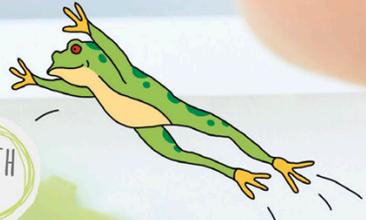


28<sup>TH</sup>

I can apologize and mean it.

29<sup>TH</sup>

Friends can depend on me.



This extra affirmation is for leap years, when February has 29 days instead of 28. These occur every four years.

# March Growth

Nature holds so much wonder, but sometimes we're so busy that we forget to pay attention to it. Growth is happening all the time. It may occur very slowly, but it is well worth the wait.



*I am growing.*



*I can go with the flow.*



*I FEEL FREE.*

When do you feel most at ease?  
For some people, it's when walking or exploring outside.

*I am connected to nature.*



*I notice the world around me.*

When you stop to take in your surroundings, you feel connected to your environment.



## Steady balance

Lift up a bent leg and focus on a spot in front of you. Breathe and settle there. When you feel stable, count to 10. If you need to drop your lifted foot, that's fine, just come back to the balance when you are ready.



6<sup>TH</sup>

Nature calms me.

7<sup>TH</sup>

I NEED TIME TO GROW.

8<sup>TH</sup>

I can hear the birds.

9<sup>TH</sup>

I can pause to smell the flowers.

10<sup>TH</sup>

I am always changing.

Just as the seasons change, so do you. Not only is your body growing, but your mind is too as you learn new things.

11<sup>TH</sup>

I can see patterns in leaves.

March

12<sup>TH</sup>

I can make a difference.

Some people might think that young people can't change the world, but you can. You have wisdom, energy, and new ideas. Make a difference for you, and for all of us.

13<sup>TH</sup>  
I can think of solutions to problems.

14<sup>TH</sup>  
YOUNG PEOPLE CAN DO SO MUCH.

15<sup>TH</sup>  
I have done well.



### Greta Thunberg

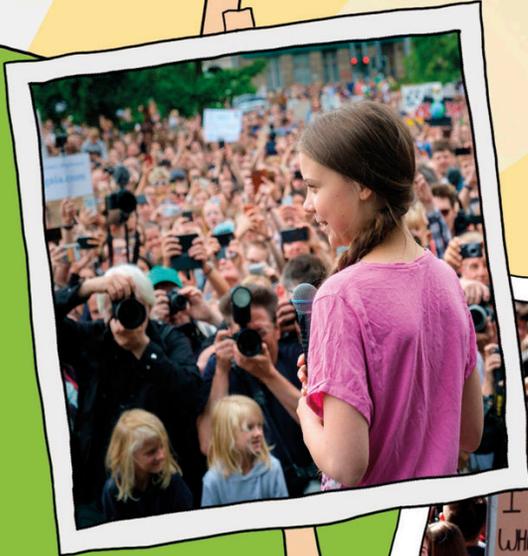
At just 15 years old, Greta Thunberg went on strike from school, calling for stronger action against climate change. As students around the world joined her, she formed the "Fridays for Future" movement. In March 2019, the first global strike took place—made up of more than a million strikers!

SKOLSTREJK  
FÖR  
KLIMATET

16<sup>TH</sup>  
I can learn  
about what is  
happening in  
the world.

Greta's actions have made a huge impact. People are more aware of climate change and what they can do to help.

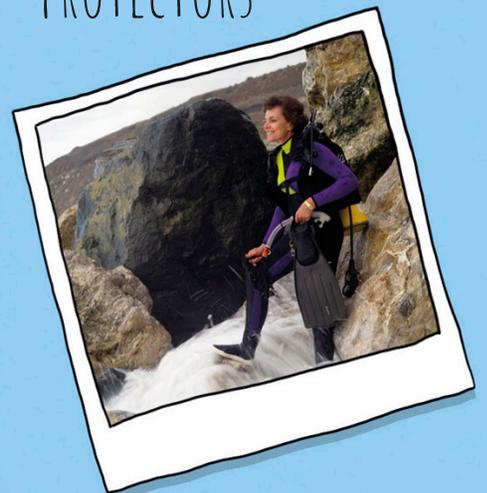
17<sup>TH</sup>  
What I  
do matters.



18<sup>TH</sup>  
MY IDEAS HAVE VALUE.

Young people around the world joined Greta's green movement, holding signs with messages such as "There's no planet B."

## MORE NATURE PROTECTORS



### Sylvia Earle

As a marine biologist, Sylvia has dedicated her life to saving our oceans. She was an explorer for *National Geographic* for more than 20 years and has produced many books and documentaries that educate people about the dangers of overfishing and pollution.



### David Attenborough

Having written and hosted dozens of documentaries about natural history, David has educated people about the amazing variety of animals and plants on our planet. He has inspired millions of people to take an interest in protecting our natural world.

March

19<sup>TH</sup>

# I can spot beauty everywhere.

Spring brings tiny signals of new life, change, and hope. Look for these signs in yourself and in the world around you.

20<sup>TH</sup> I TAKE NOTICE.

21<sup>ST</sup> I can rest and start again.

22<sup>ND</sup> I trust my instincts.

23<sup>RD</sup> I AM OPEN TO CHANGE.

24<sup>TH</sup> Nature inspires me.

25<sup>TH</sup> I am happy with myself, in this moment.

26<sup>TH</sup>

I am patient with myself.

27<sup>TH</sup>

I LOVE BEING OUTSIDE.

28<sup>TH</sup>

I can wake up grumpy and still make it a good day.

29<sup>TH</sup>

I CAN ALWAYS FIND HOPE.

30<sup>TH</sup>

I like who I'm growing to be.

31<sup>ST</sup>

I can take small steps to achieve my goals.

FOR THE GROWN-UPS...

Growth is a steady process. Help your child to see the progress that they've made by pointing out and appreciating the things they've achieved, big and small.



# April Calm

Taking a few peaceful moments every day to think about a calming affirmation can make a big difference. It will help you feel relaxed, focused, and more confident.

6<sup>TH</sup>

I TAKE CARE  
OF MYSELF.

7<sup>TH</sup>

I enjoy  
peace and  
quiet.

8<sup>TH</sup>

I CAN LET GO  
OF NEGATIVE  
THOUGHTS.

9<sup>TH</sup>

I can slow  
down and  
breathe.

10<sup>TH</sup>

I KNOW HOW  
TO RELAX.



## Lifting breath

As you inhale, slowly lift one hand up. Then, while exhaling, lower that hand. Slowly raise the other arm with your next inhale. Repeat.

This mindful movement is great for balancing energy and creating calm. Encourage your child to repeat the practice. Ask them how they feel afterward.

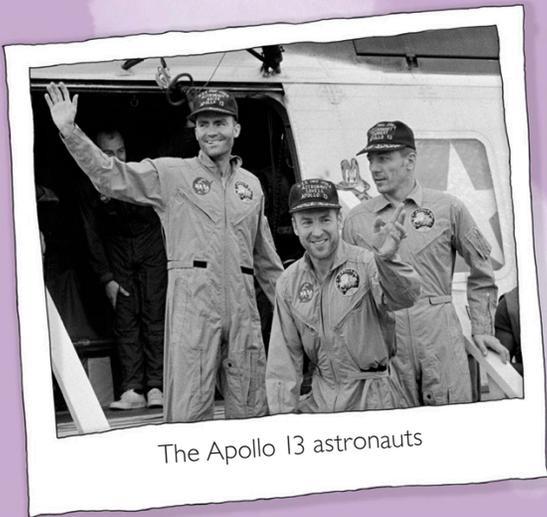
FOR THE GROWN-UPS...

April

11<sup>TH</sup>

# I can stay calm under pressure.

It can be tricky to stay calm in a stressful situation. Finding a way to remain calm helps you to be at your best and do the right thing.



The Apollo 13 astronauts



I am smart.

12<sup>TH</sup>

## Apollo 13 mission

On April 11, 1970, the Apollo 13 spacecraft left Earth. Two days later, however, disaster struck—one of the oxygen tanks exploded. Instead of panicking, astronauts James Lovell, Fred Haise, and Jack Swigert worked together to return to Earth. After surviving for four days with little air, water, or heat, they splashed down safely in the ocean.

I will get through this.

13<sup>TH</sup>

14<sup>TH</sup>

## I CAN ASK FOR HELP.

Everybody needs help now and then. The Apollo 13 crew got support from their Mission Control team back in Houston, TX, after they radioed saying "Houston, we've had a problem." The engineers used calm problem solving to guide the astronauts back home.

16<sup>TH</sup>

## I am fine.

This simple phrase can be reassuring and comforting. Repeat it to yourself silently, whisper it, or say it aloud.

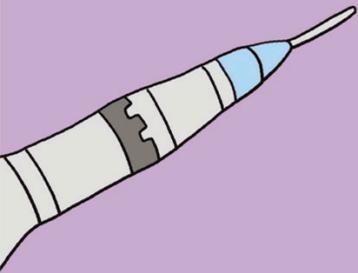
15<sup>TH</sup>

I know what to do.

17<sup>TH</sup>

*Just inhale, then exhale.*

Stress happens to everyone, but it doesn't have to take over. Long exhales can help you manage stressful moments.



20<sup>TH</sup>

*I can focus on this moment.*

19<sup>TH</sup>

*I am connected.*

Sometimes it might feel like you're alone, but there is always someone to connect with.

21<sup>ST</sup>

*I am in control.*

Even when a stressful moment feels out of your control, it might not be. Find options and look for choices that you can make.

23<sup>RD</sup>

*I HAVE COME SO FAR.*

22<sup>ND</sup>

*I ACCEPT THIS.*

Try to see each moment for what it really is. Accepting a situation can help you feel better.

25<sup>TH</sup>

*I can find my way.*

24<sup>TH</sup>

*It's OK if things don't go as planned.*

## MORE SPACE HEROES



### Katherine Johnson

It was thanks to Katherine that the first US crewed mission to space was a success. Her calm approach to complicated calculations was vital for this 1969 spaceflight. She went on to work on many more missions throughout her career.



### Valentina Tereshkova

In 1963, Valentina became the first woman ever to fly into space. She spent three days orbiting the Earth 48 times! This brave cosmonaut remains the only woman ever to have been on a solo space mission.

## What you'll need:

- Two pieces of card-stock paper, or two paper plates
- Safety scissors
- Colored pens
- A cotter pin

# April

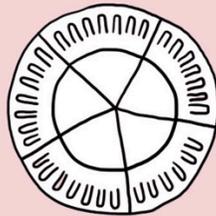
26<sup>TH</sup>

I am resourceful.

# Coping wheel

We all feel overwhelmed sometimes. A coping wheel will help you instantly feel better, and it's really easy to make.

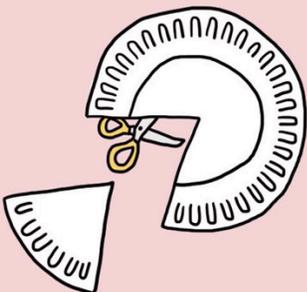
- 1 **Cut a circle out of card paper**, or use a paper plate, and divide it into five segments.



- 2 **In each segment, write an activity or strategy that will help you feel better.** These can be simple things that work for you, such as going for a walk, talking to a friend, or stretching. If you want, you can draw pictures too.



- 3 **Cut out another circle from card paper**, or use a paper plate, for the top section. Carefully cut out the shape of one of the segments.



- 4 **Place the two circles on top of each other** and carefully push a cotter pin through the middle of them.



27<sup>TH</sup>

*I have all I need to succeed.*

FOR THE GROWN-UPS...  


You can ask your child questions to get them to reflect on what helps them feel calm and safe, such as, "Where is your favorite place?" or "What makes you smile?"

28<sup>TH</sup>

*I UNDERSTAND MY FEELINGS.*



29<sup>TH</sup>

*I am capable.*

**Spin your wheel whenever you feel stressed, angry, or anxious.**  
You have five ready-made solutions to help you take control.

30<sup>TH</sup>

*I can handle anything.*





EVERY DAY IS AN ADVENTURE. 5<sup>TH</sup>

6<sup>TH</sup>  
I like to discover hidden wonders.

4<sup>TH</sup>  
I can see things in new ways.

3<sup>RD</sup>  
I am curious about the world.

The world is mine to discover. 2<sup>ND</sup>

1<sup>ST</sup>  
I AM EXCITED TO SEE WHAT I CAN DO.

# May Adventure

Do you dream of visiting distant lands or love taking in the sights and sounds of your neighborhood? Adventure begins with curiosity. Take a friend and explore!

7<sup>TH</sup> I CAN CREATE MY OWN ADVENTURE.

8<sup>TH</sup> I can learn new skills.

FOR THE GROWN-UPS...  
Help your child create their own adventures by making caves with blankets, letting them pick the route on a walk, and discussing local places to explore... safely. Safety comes first, then curiosity can follow.

9<sup>TH</sup> I am always moving forward.

10<sup>TH</sup> I am proud of my efforts.



**Ready for adventure**  
This mindful movement might make you feel eager to explore. Start with your hands and forearms touching. Inhale to open your arms, feeling ready for adventure, then exhale to return your forearms together. Repeat slowly.

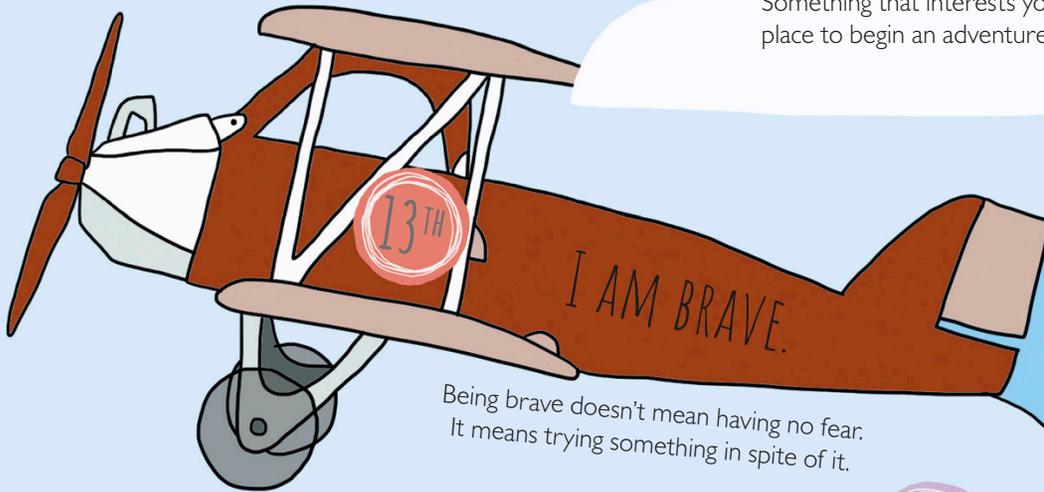
# May

11<sup>TH</sup> I love new challenges.

12<sup>TH</sup>

I can follow my passion.

Something that interests you deeply can be the perfect place to begin an adventure. What makes your heart sing?



Being brave doesn't mean having no fear. It means trying something in spite of it.

14<sup>TH</sup>

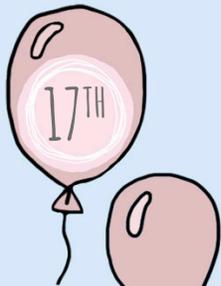
I HOPE TO ACCOMPLISH BIG THINGS.

15<sup>TH</sup>

There are many paths I can take.

16<sup>TH</sup>

I like looking at the sky.



I CAN START SMALL.

18<sup>TH</sup>

I can try something I've never done before.  
Is there an activity that you've always wanted to try? Now is the time to give it a chance!

## MORE PIONEERING PEOPLE



### Jeanne Baret

In 1766, naval ships didn't allow women on board, so Jeanne disguised herself as a man to join the voyage of a famous explorer. As a plant expert, Jeanne collected specimens in South America, the Pacific Islands, and Southeast Asia. She was the first woman to sail around the globe.



19<sup>TH</sup>

I AM CURIOUS  
ABOUT NEW IDEAS.

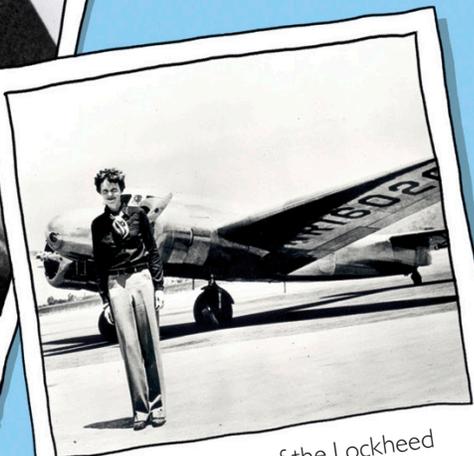
20<sup>TH</sup>

I am open to  
adventure.

Having an open mind means you make the most of every opportunity. Amelia Earhart was determined to fly planes despite the fact that most pilots were men. She knew she was born to fly.



Amelia wanted to prove that women could also be expert explorers.



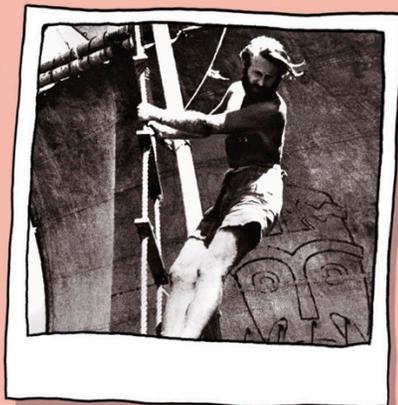
Amelia in front of the Lockheed Electra plane, in 1937.

### Amelia Earhart

Amelia was one of the first women licensed to fly a plane, and also the first female to fly solo across the Atlantic Ocean. In May 1937, she set off, hoping to fly all the way around the world. She flew to South America, Africa, and Asia, but sadly her adventure ended when she disappeared over the Pacific Ocean.

### Alexander von Humboldt

Alexander spent his life exploring and documenting the animals and plants he discovered. His travels took him through Central and South America, climbing mountains, canoeing down rivers, and crossing the Amazon Rainforest on the way.



### Thor Heyerdahl

Determined to prove that ancient people were able to make long sea voyages, Thor completed several expeditions on simple rafts that he built by hand. On his famous *Kon-Tiki* expedition of 1947, he sailed for 101 days across the Pacific Ocean, from South America to French Polynesia.

# May

21<sup>ST</sup>

## I love to explore.

The world around you is filled with fun things to discover. Where will your adventure begin?

22<sup>ND</sup>  
I can be the first to do something great.

23<sup>RD</sup>  
I HAVE MANY OPTIONS.

24<sup>TH</sup>  
The world is filled with wonders.

It takes practice to find unique and cool things in our world. Try to notice what others might not.

25<sup>TH</sup>  
I can move forward, one step at a time.

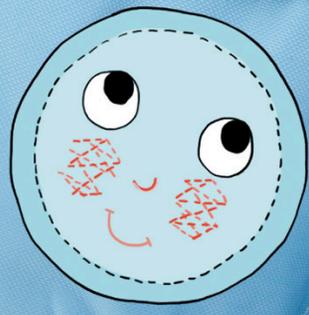
Try to remember that you're always moving forward, no matter how slow progress might seem.



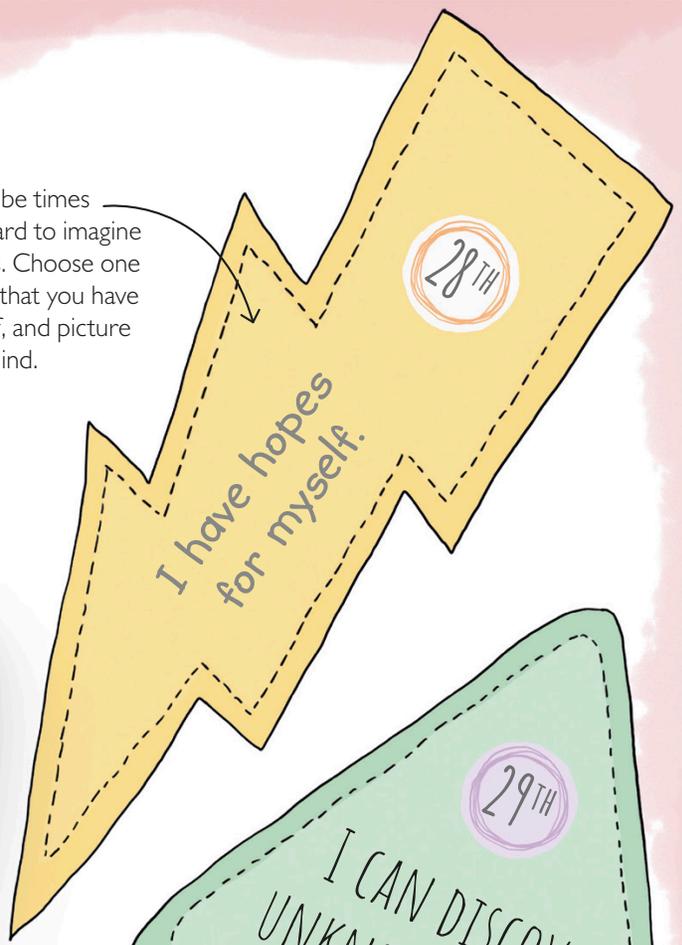


27<sup>TH</sup>  
I AM A  
FREE SPIRIT.

Adventure is all about having imagination and a fun-loving spirit.



There may be times when it's hard to imagine good things. Choose one small hope that you have for yourself, and picture it in your mind.



I have hopes for myself.



I CAN DISCOVER UNKNOWN THINGS.



I know when I am tired and need to rest.

It's exciting to take on new challenges, but balance is important. Make sure you have downtime too.



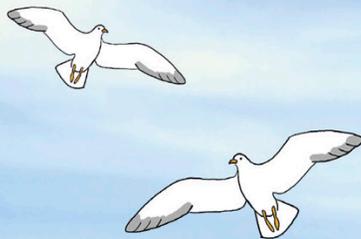
I CAN STICK WITH CHALLENGES.

Even if it seems tricky, be persistent and try to complete your tasks.

# June Self-awareness

To feel balanced and in control, it helps if you are aware of what you need, what you like, and what is right for you.

This is called being self-aware.



1<sup>ST</sup>

I KNOW WHO I AM.

Get to know yourself! It might sound silly, but thinking about what type of person you are, and what your likes and dislikes are, will help you get what you want from life.

2<sup>ND</sup>

I have many good qualities.

3<sup>RD</sup>

I am humble.

4<sup>TH</sup>

I HAVE EMPATHY.

5<sup>TH</sup>

I can say no.

You don't have to say yes to everything. Being balanced is about knowing your limits.

6<sup>TH</sup>

I trust myself.

I can take my time.

8<sup>TH</sup>

I consider things carefully.

9<sup>TH</sup>

I KNOW I'M NOT PERFECT.

10<sup>TH</sup>

12<sup>TH</sup>

I can rest and play.

13<sup>TH</sup>

I know what I like.

7<sup>TH</sup>

I CAN SEE BOTH SIDES.

Putting yourself in someone else's shoes helps you to understand their point of view.

11<sup>TH</sup>

I have boundaries.

### Twist out tension

Place your fingertips on your shoulders. Inhale, then twist to the side as you exhale. Repeat on each side, becoming aware of your body releasing tension with each twist.



June

14<sup>TH</sup>

I can find a peaceful place.

15<sup>TH</sup>

I MAKE TIME TO BE MINDFUL.

16<sup>TH</sup>

I am here.

17<sup>TH</sup>

I am aware of myself.

18<sup>TH</sup>

I value my privacy.

19<sup>TH</sup>

I notice my surroundings.

20<sup>TH</sup>

I DON'T NEED TO WORRY.

21<sup>ST</sup>

I notice small sounds.

22<sup>ND</sup>

I'M AWARE OF MY THOUGHTS.

23<sup>RD</sup>

I don't judge myself.

24<sup>TH</sup>

I am okay with alone time.

# Mindfulness

Our thoughts can sometimes feel busy and confusing. We can practice paying attention to one thing at a time, one moment at a time. This is called being "mindful."

## What you'll need:

- Pom-poms, or any small objects
- A quiet space

## Thoughtful pom-poms

This activity helps you practice mindfulness. Use pom-poms to notice that your thoughts can feel light and movable. Just focus on one thought at a time, letting it go as a new thought enters your mind.

MY NEEDS ARE IMPORTANT.  
25<sup>TH</sup>

SOMETIMES I LIKE QUIET!  
28<sup>TH</sup>

I CAN MAKE DECISIONS.  
26<sup>TH</sup>

27<sup>TH</sup>  
I notice  
when someone  
needs help.

I can let things go.  
29<sup>TH</sup>

30<sup>TH</sup>  
I CAN FEEL  
SETTLED.

1 **Sit comfortably,** with a pile of pom-poms on one side of you. Gently close or lower your eyes.

2 **Pick up a pom-pom** and notice a thought in your mind. Bring the pom-pom to your other side and try to leave that thought there.

3 **Pick another pom-pom** as a new thought comes to mind. Slowly move it across. Repeat it a few more times as thoughts come and go.

# July Creativity

Your mind has no limits to what it can create. Make time to imagine faraway places, spaceships shaped like animals, plants that can talk—whatever you like! Have an open mind and a free spirit, then let your hands create...

**1<sup>ST</sup>** I am full of ideas.

**3<sup>RD</sup>**  
I want to be seen and heard.

**2<sup>ND</sup>**  
I love to play.  
Playing is fun and it builds many skills for life. You can be and do anything when you let your imagination rule.

**4<sup>TH</sup>** There is so much that I want to share.

**5<sup>TH</sup>** I AM CREATIVE.  
Being creative isn't just about drawing and writing. Do you love to dance, garden, or wear bright clothes? Creativity comes in many forms!

**6<sup>TH</sup>** My mind creates amazing things.

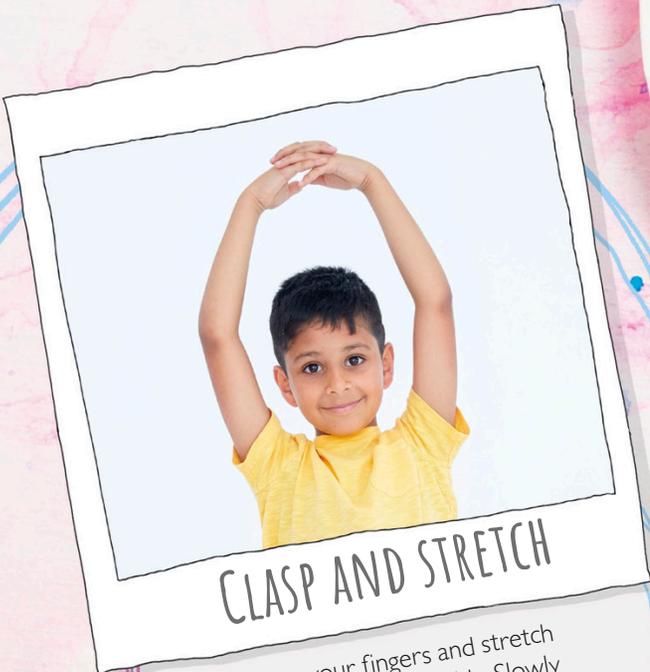


FOR THE GROWN-UPS...

Creativity can be messy. Free expression with paints, clay, and sticky things requires patience. Encourage freedom and let your child explore—and also include them in the clean-up process.

7<sup>TH</sup>

I AM GOOD AT TRYING THINGS THAT OTHERS MIGHT NOT.



CLASP AND STRETCH

Clasp your fingers and stretch up, breathing smoothly. Slowly stretch your arms in a way that feels good—maybe you twist to the side or form circles in the air.

8<sup>TH</sup>

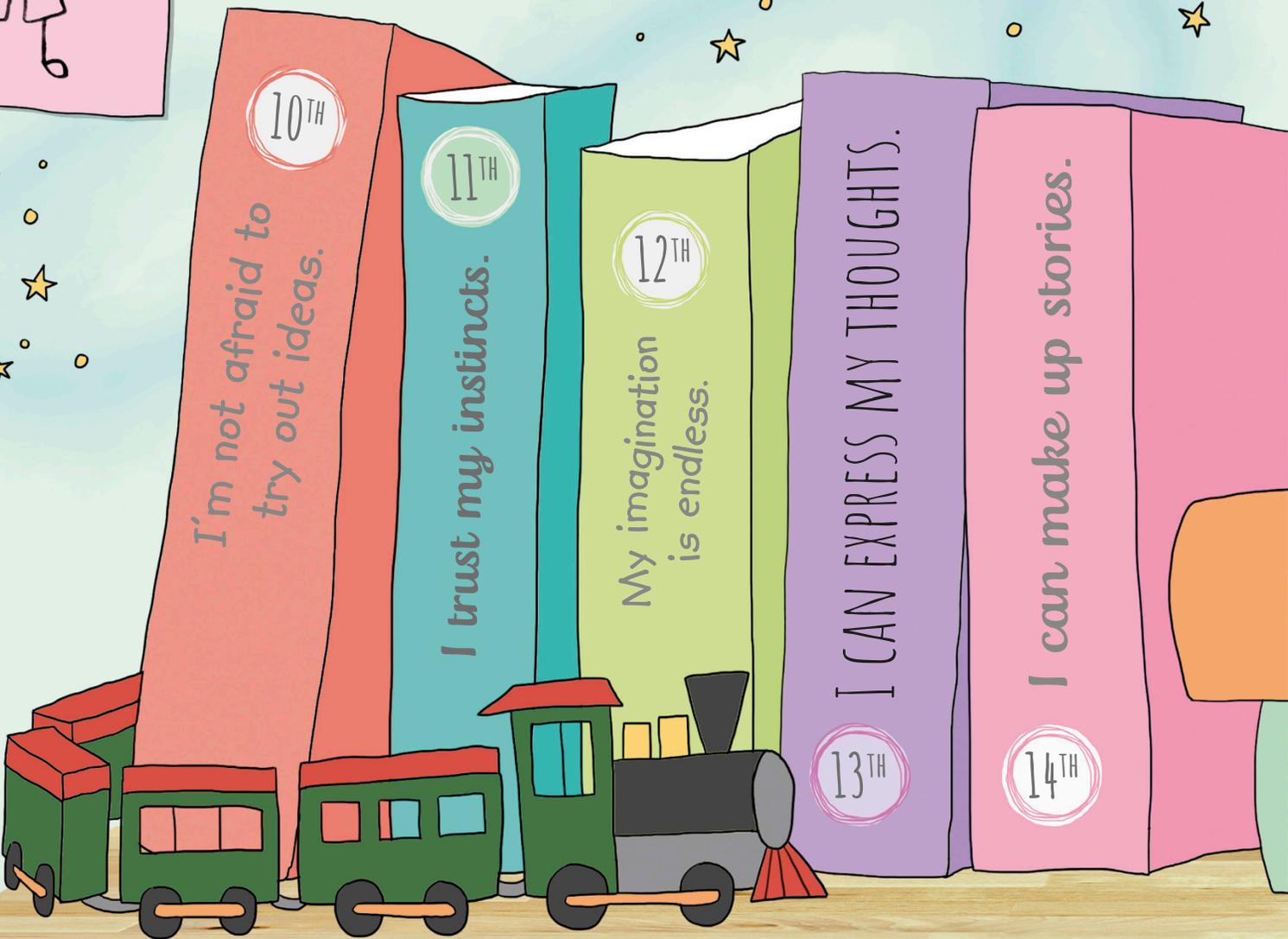
My imagination is like no one else's.

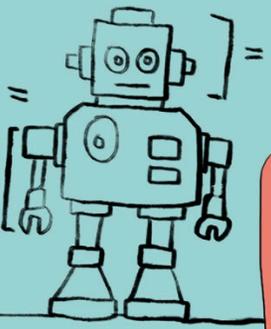
July

9<sup>TH</sup>

# My story matters.

There may be times when your ideas seem too big or too loud for others. Even if you feel as though your stories, songs, art, or creations aren't appreciated or understood, keep going. Your ideas matter, so don't give up.





## J. K. Rowling

You might know the *Harry Potter* stories, but their creator, J. K. Rowling, has a remarkable story herself. Back in 1995, J. K. didn't have much money, and was raising her daughter alone. She had dreamed of being a writer since she was little.

One day, while sitting on a train, J. K. imagined Harry's world and began writing on scraps of paper. She kept going, writing in cafés while her daughter slept, until it was a book. This book grew into a series that sold millions of copies around the world. J. K. never gave up on the story in her heart.

I make time to be creative.

Spending time on your passions can help you feel fulfilled. Make more time for creativity by joining clubs that interest you.



I LOVE POSSIBILITIES.

## MORE COOL CREATIVES



## Eduardo Kobra

Eduardo began his career as a graffiti artist at just 12 years old, in his hometown of São Paulo, Brazil. He has since painted more than 3,000 murals on five different continents. His work celebrates history, and he also made history by creating the largest mural in the world, in Rio de Janeiro, Brazil, in 2017.



## Stormzy

British rapper Stormzy was catapulted to fame after releasing a song on YouTube in 2015. He's since won many awards, and headlined the famous Glastonbury Festival, in the UK, in 2019. His music inspires people to think about politics and global events.

July

17<sup>TH</sup>

My ideas are  
worthy of sharing.

20<sup>TH</sup>

I CAN FIND  
INSPIRATION  
EVERYWHERE.

What makes you eager to create?  
It might be being around friends,  
reading, or listening to music!

21<sup>ST</sup>

I can make things for others.

22<sup>ND</sup>

I am unique.

18<sup>TH</sup>

I CAN DESIGN  
FUN THINGS.

19<sup>TH</sup>

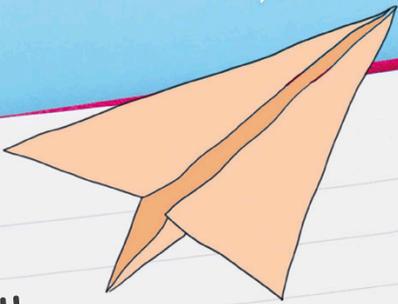
I can make use  
of my talents.

23<sup>RD</sup>

I SEE A PROBLEM AS  
A CHANCE TO FIND A  
CREATIVE SOLUTION.

24<sup>TH</sup>

I'm full of creative energy.



25<sup>TH</sup>

I love inventing.

31<sup>ST</sup>

I make time to daydream.

26<sup>TH</sup>

MY IDEAS ARE ORIGINAL.

28<sup>TH</sup>

I can express my thoughts however I choose.

27<sup>TH</sup>

I'm an innovative thinker.

29<sup>TH</sup>

I see feeling bored as a chance to experiment.

30<sup>TH</sup>

I EXPRESS MY CREATIVITY IN ALL THAT I DO.





3<sup>RD</sup>

I am dependable.

5<sup>TH</sup>

What I can offer is enough.

6<sup>TH</sup>

I AM PATIENT WITH OTHERS.

4<sup>TH</sup>

I AM SUPPORTED.  
Sometimes we need to feel taken care of. Think of one person who supports you, no matter what.

2<sup>ND</sup>

People can learn from me.

1<sup>ST</sup>

I am thoughtful.

### Mindful listening

For five slow breaths, pay attention to the sounds around you, near and far. Stare at a spot or close your eyes, and repeat this practice. What sounds did you notice? How do you feel when you're finished?



# August Family and friendship



7<sup>TH</sup>  
**I VALUE PEOPLE.**  
When someone means a lot to you, tell them. It might just make their day.

8<sup>TH</sup>  
I can see what friends might need.

I am connected to others.

9<sup>TH</sup>  
10<sup>TH</sup>  
I am gentle with others.

11<sup>TH</sup>  
I CAN BE COMMITTED TO OTHERS.

12<sup>TH</sup>  
I can build trust.

13<sup>TH</sup>  
I let people help me.

14<sup>TH</sup>  
I PROMISE TO BE THERE FOR OTHERS.

Time spent at home with family is special. Your family has a big impact on who you are and what you care about. Notice the positive things about your family, and the connections you make with others who are like family.

August

# Friendship bands

Connecting with friends is so important. When you find people who are trustworthy and fun, show them how much you value them with a friendship band.

15<sup>TH</sup> MY GROUP NEEDS ME.

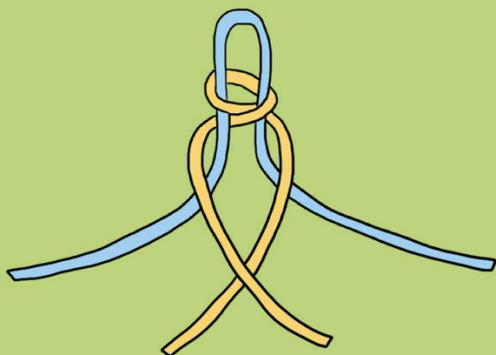
16<sup>TH</sup> I am friendly.

17<sup>TH</sup>

I look out for others.

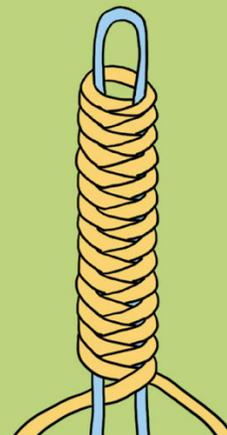
1 **Take two pieces of twine.** Make a loop with one piece and lay it flat. Wrap the second piece around it, cross the two strands together, and then wrap them around the first. Pull tight to make a knot.

2 **Repeat this process over and over,** crossing the ends over one another and wrapping them around the outside of the first strand.



18<sup>TH</sup>

I VALUE FRIENDSHIP.



## What you'll need:

- Two pieces of suede, twine, or thick thread about the length of your arm

19<sup>TH</sup>

I can listen to advice.

20<sup>TH</sup>

I MAKE TIME  
FOR MY FRIENDS.

21<sup>ST</sup>

I put kindness first.

22<sup>ND</sup>

I AM HELPFUL.

23<sup>RD</sup>

I can share my thoughts with friends.

3

**When your band** is long enough, tighten the twists and tie a knot at the end. Give it to your friend as a gift.



24<sup>TH</sup>

I am respectful.



FOR THE GROWN-UPS...

Guide your child through the first few twists and ties. Encourage them to use loose knots until they get the hang of it, or experiment with other ways of tying the thread.

August

25<sup>TH</sup>

I care about my community.



Miep Gies and Otto Frank

### Miep Gies

When the Nazis were sending Jews to concentration camps in World War II, Miep tried to protect her friend, Otto Frank, along with his family. She hid them in a secret apartment, or annex, in her home for two whole years.



Miep's house in Amsterdam, the Netherlands

# Community

Communities come together in times of hardship to offer support. Miep Gies held her hand out in friendship to the Frank family by protecting them during World War II.

26<sup>TH</sup>

### I CAN LEAD.

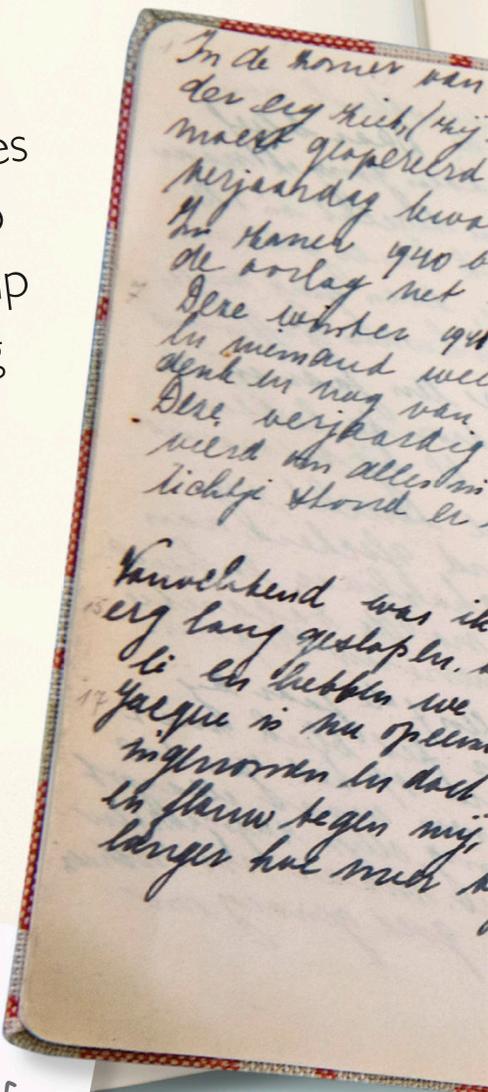
Good leaders listen to others' ideas for the good of the group, they don't just tell people what to do.

27<sup>TH</sup>

I am trustworthy.

28<sup>TH</sup>

I AM RESPONSIBLE.





Anne Frank

## Anne Frank

While in hiding for two years, Otto Frank's daughter, Anne, wrote about her experiences. Miep kept this diary safe, and although Anne sadly did not survive the war, her father did, and he published the book in her memory.

29<sup>TH</sup>

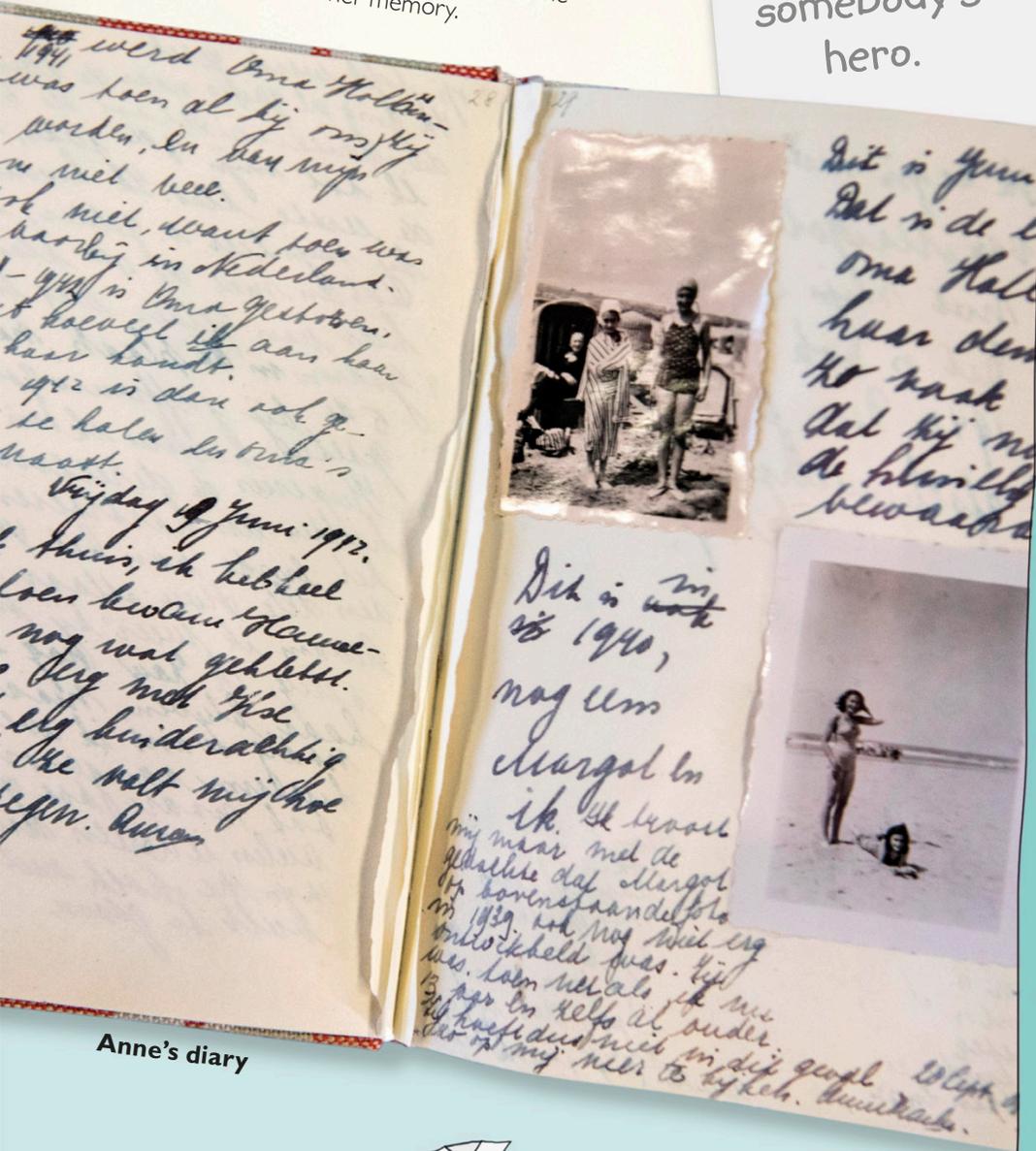
I inspire others.

30<sup>TH</sup>

I am loyal.

31<sup>ST</sup>

I can be somebody's hero.



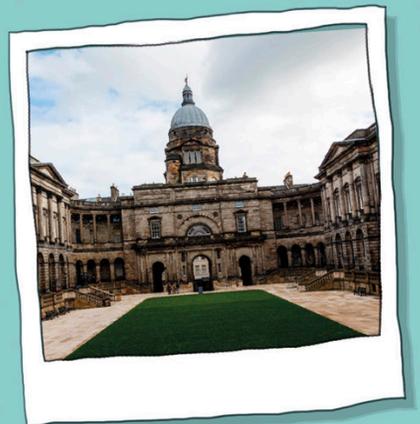
Anne's diary

## MORE WONDERFUL BEST FRIENDS



## Helen Keller and Anne Sullivan

Helen Keller, born in the US in 1880, became deaf and blind when she was a toddler. Helen relied on the help and friendship of Anne Sullivan. Anne taught Helen—who later became a famous public speaker and author—to communicate.



## The Edinburgh Seven

In 1869, a group of seven women began studying medicine at Edinburgh University—but by law they weren't allowed to become doctors. They came together to campaign, and thanks to their efforts, the law was changed.

# September Learning

1<sup>ST</sup>

**My voice needs to be heard.**

Malala Yousafzai was 11 years old when she gave her first speech, on this day in 2008, during a protest against the closure of girls schools in Pakistan. She then wrote blogs about the importance of education for the BBC's website.

2<sup>ND</sup>

**I CAN SHARE WISDOM.**

3<sup>RD</sup>

**I can guide others.**

4<sup>TH</sup>

**I am passionate about things.**

5<sup>TH</sup>

**I am helpful to others.**

6<sup>TH</sup>

**I AM DETERMINED.**

7<sup>TH</sup>

**I learn new things every day.**

8<sup>TH</sup>

**My future is decided by ME.**





# MALALA YOUSAFZAI

Growing up in a part of Pakistan where a group called the Taliban banned girls from attending school, Malala decided to speak out. As she became famous, the Taliban retaliated by shooting her. Luckily, she survived and recovered. In 2014, Malala became the youngest person to win the Nobel Peace Prize. She continues to call for better education for girls all around the world.

9<sup>TH</sup> I will share my story.

10<sup>TH</sup> I LISTEN TO LEARN.

11<sup>TH</sup> I can learn something from everyone I meet.

12<sup>TH</sup> I have confidence in my abilities.

13<sup>TH</sup> I CAN ASK QUESTIONS.

## MORE INSPIRING EDUCATORS



### Maria Montessori

Going against the rules of the time, Maria attended an all-boys school in Rome, studied medicine at college, and became a doctor. In 1896, Maria traveled around Europe to learn more about education. She began speaking about what she believed would work for all learners in schools. Her teaching style became famous around the world.



### Louis Braille

Despite going blind at just 3 years old, Louis was determined to live a normal life. He attended one of the first schools for the blind, and, invented a new system to help blind people read. Instead of letters, this method uses raised dots that blind people can feel with their fingertips. It's now known as Braille, and is used all over the world.

September

14<sup>TH</sup>

# I'm always learning.

Learning isn't just about passing tests or remembering your times tables. It happens all the time and comes from everywhere, including talking to friends and reading books. Try to see all that you do as a learning opportunity.

15<sup>TH</sup>

MY KNOWLEDGE IS VALUABLE.

16<sup>TH</sup>

I am cooperative.

17<sup>TH</sup>

I can improve.

Improving requires accepting that sometimes things don't go as planned. We can learn how to get better each time we try.

18<sup>TH</sup>

*I can be guided.*

19<sup>TH</sup>

I HAVE SKILLS  
I CAN TEACH.

20<sup>TH</sup>

I can take my  
time to arrive  
at an answer.

21<sup>ST</sup>

*I can test out ideas.*

22<sup>ND</sup>

I have ambition.

23<sup>RD</sup>  
I am good at  
remembering  
details.

24<sup>TH</sup>

I LOVE  
TO LEARN.

Being positive makes  
it easier to take in  
new information.

25<sup>TH</sup>

I CAN WORK  
WITH OTHERS.

26<sup>TH</sup>

I learn at  
my own  
pace.

27<sup>TH</sup>

*I am knowledgeable.*

28<sup>TH</sup>

I can learn  
from mistakes.

It's not a bad thing to make a  
mistake! It gives you a chance  
to adjust and try again.

29<sup>TH</sup>

I am wise.

30<sup>TH</sup>

I am not put off  
when learning  
is difficult.



### Reach for the sky

Sit up tall then stretch  
up with one arm and  
press down against the  
floor with the other.

Feel your own energy  
and confidence grow  
as you breathe in, then  
switch hands as you  
breathe out.



## Laugh it out

Smile a big smile for 10 seconds and notice how you feel. Often, just the act of smiling makes you feel happy. Try a belly laugh, the kind where your belly jiggles with delight—ha, ha, ha!



# October Joy

Joy is a small word for a big feeling. The cool thing about joy and happiness is that you can find it or create it for yourself and others.

8<sup>TH</sup>

I deserve to be happy.

9<sup>TH</sup>

I like to make other people laugh.

10<sup>TH</sup>

I CAN BE SOMEONE'S REASON TO SMILE.

11<sup>TH</sup>

I have everything I need to feel happy.

12<sup>TH</sup>

My future is full of laughter.

13<sup>TH</sup>

I LIKE TO BE SILLY SOMETIMES.

14<sup>TH</sup>

I see the good in every situation.

15<sup>TH</sup>

PEOPLE FEEL HAPPY AROUND ME.

16<sup>TH</sup>

I am full of positive energy.

# October

17<sup>TH</sup>

PEOPLE LIKE TO  
BE AROUND ME.

I can do great things.  
18<sup>TH</sup>



19<sup>TH</sup>

## I can lift others' spirits.

Sometimes the smallest action—a smile, a compliment, an invitation to play—can have a big impact. It helps other people feel happier and makes you feel good too.

20<sup>TH</sup>

I can  
start  
each  
day  
fresh.

21<sup>ST</sup>

I CAN PAUSE AND  
BEGIN AGAIN.



22<sup>ND</sup>

I can give  
others the  
benefit of  
the doubt.

23<sup>RD</sup>

I KNOW WHEN TO CHEER UP.

I encourage others.  
24<sup>TH</sup>

### What you'll need:

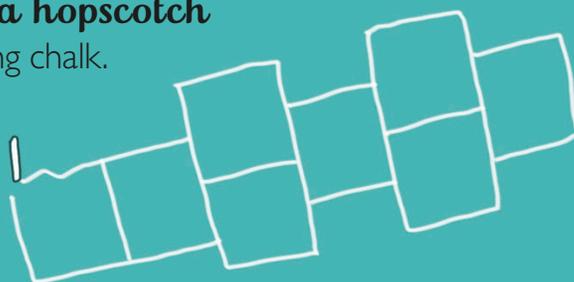
- Permission to draw on the sidewalk
- Chalk
- Ideas for affirmations
- Beanbag or other small object

### Affirmation hopscotch

Playing this game is a fun way to practice being positive about yourself. It'll boost your mood and your confidence.

1

Draw a hopscotch grid using chalk.



25<sup>TH</sup>

I am full of fun.

I LIGHT UP THE ROOM.  
26<sup>TH</sup>

27<sup>TH</sup>

I can move on.

28<sup>TH</sup>

I AM SPIRITED.

29<sup>TH</sup>

I know what makes me happy.

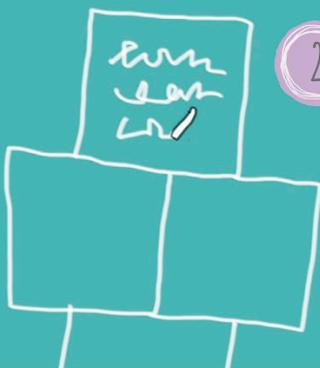
30<sup>TH</sup>

I look forward to every day.



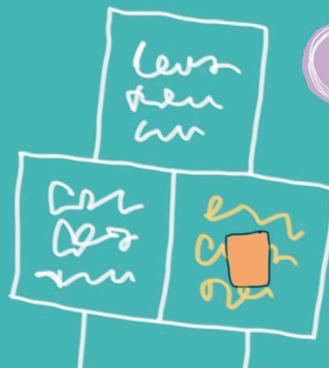
31<sup>ST</sup>

I can be part of the problem AND part of the solution.



2

Write a different affirmation in each box.



3

Toss a small beanbag onto one of the squares and hop to it. Then say the affirmation out loud or think about what it means to you.

# November Gratitude

Thinking about what you are thankful for helps you feel happy and positive. Focus on friends, your special skills, pets, fun places you can go, and things you like to do. Grateful thoughts come more easily when you practice each day.



## Growing gratitude

Sit with your palms together in front of your tummy. Breathe in deeply as you open your arms with a sense of gratitude. Imagine this feeling growing.

Breathe out as your hands come together. Repeat a few times, thinking about what you are grateful for.



6<sup>TH</sup>

I KNOW I AM SAFE WITH PEOPLE WHO LOVE ME.

**I KEEP MY PROMISES.**

We build trust by following through on promises, even those we make to ourselves.

7<sup>TH</sup>

My connections with others are important to me.

8<sup>TH</sup>

I can share what is special to me.

9<sup>TH</sup>

10<sup>TH</sup>

I let people know that I appreciate them.

11<sup>TH</sup>

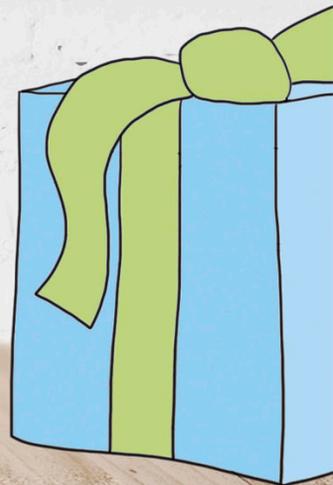
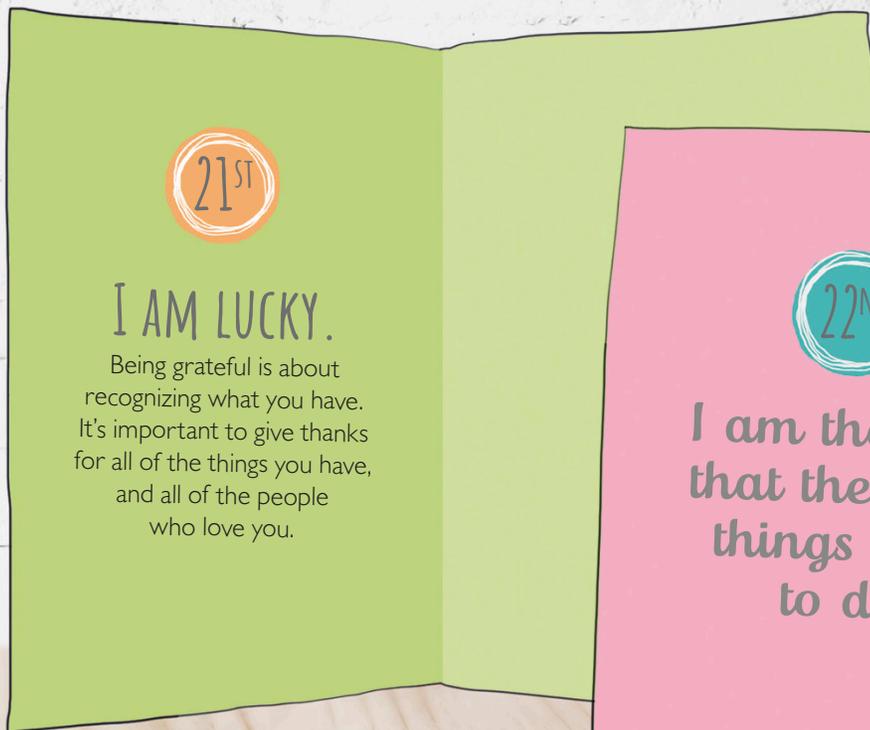
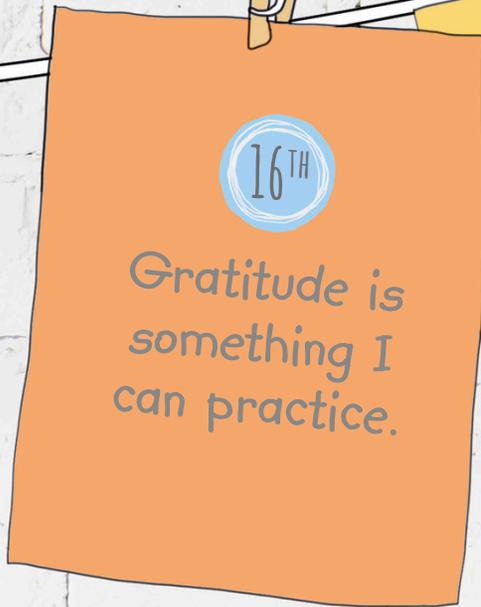
I can show that I am grateful.

12<sup>TH</sup>

I FEEL PEACEFUL WHEN I REFLECT ON MY LIFE.

# November





# November

## The gratitude game

Grumpy mornings and tiring days happen to everyone. Sometimes practicing gratitude will help to change our mood and feel a little better. We can even make a fun game out of it. Play with a friend or by yourself.

23<sup>RD</sup>

I'M GRATEFUL FOR MY FAMILY.

24<sup>TH</sup>

I'm thankful for my home.

25<sup>TH</sup>

I feel lucky to have food to eat.

26<sup>TH</sup>

I'M GRATEFUL FOR MY TOYS AND BOOKS.

27<sup>TH</sup>

I can think of someone I care about.

28<sup>TH</sup>

I'm thankful for treats.

### What you'll need:

- Different colored sticks, or paper straws

1

**Choose a different** category for each color of stick. For example, yellow might be places, pink could be people, green could be things, orange is food, and so on.

2

**Carefully pick up** a stick, without moving any of the others. Name something you are grateful for from the color category.



Each time you select a stick, say something you are grateful for.

29<sup>TH</sup>

I'm thankful for my favorite places.

3

**If you manage not to disturb** any other sticks, you get to keep that one—otherwise you have to put it back. Keep taking turns to pick up sticks—the winner is the person with the biggest pile at the end.

30<sup>TH</sup>

I'm grateful for time with friends.

# December Generosity



I can stand up for myself and others.

In December 1955, an African-American woman named Rosa Parks refused to give up her seat on a bus to a white passenger. She took a stand against racism.



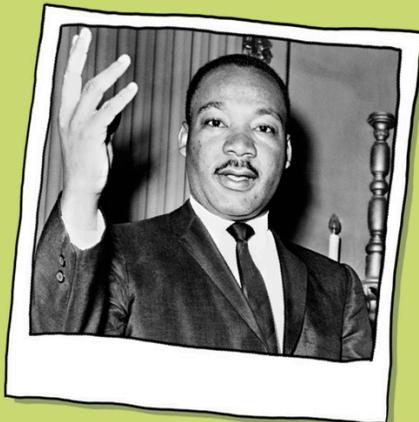
I HAVE INNER STRENGTH.



I speak up for what I believe in.

Speaking out against something you don't agree with can be hard. However, supporting yourself and others can make a difference. If you don't want to tell someone directly, then speak to a teacher or parent.

MORE AMAZING ACTIVISTS



## Martin Luther King, Jr.

Leader of the civil rights movement, Pastor Martin fought for equal rights for black people in the United States, using peaceful protest. He led a huge march to Washington, DC, in 1963, which led to a change in the law making race discrimination illegal. Sadly, Martin was assassinated in 1968.



4<sup>TH</sup>

## I am a hard worker.

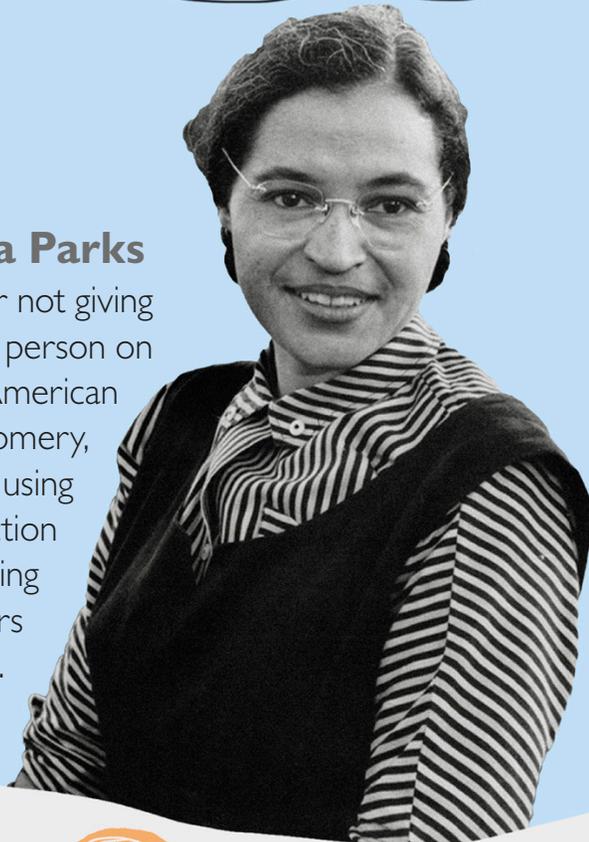
When you strive to do as well as you can then you will take more pride in your work and your abilities.

5<sup>TH</sup>

I AM POWERFUL.

### Rosa Parks

Rosa was arrested for not giving up her seat for a white person on the bus. The African-American community of Montgomery, Alabama, then stopped using buses as a protest. This action led to a law change, giving African-American passengers equality on buses.



6<sup>TH</sup>

## I am caring.

Show that you care by reaching out to loved ones. It can be as simple as asking how they are.

8<sup>TH</sup>

## I care about the rights of others.

7<sup>TH</sup>

## I have faith in myself.

Believe in yourself and your capabilities. Face each day with self-worth and confidence.

### Nelson Mandela

Freedom fighter Nelson opposed apartheid, which was a system in South Africa that unfairly favored white people. His activism led to his imprisonment in 1964. He remained in jail until 1990, by which time he had become world famous. Apartheid ended in 1994, and Nelson was elected President of South Africa. He stayed in office until 1999.



### Emmeline Pankhurst

Frustrated that women were not allowed to vote in UK elections, Emmeline decided to do something about it. She founded an organization whose members became known as "suffragettes"—fighters for suffrage (the right to vote). Emmeline led many demonstrations and was often arrested. Her determination paid off, helping women get the right to vote in 1918.



# I can support others.

Most important changes begin with one person who notices a need. They care, have hope, and are willing to take action, big or small. Giving support to others makes life better.



11<sup>TH</sup> I can share my toys with others.

10<sup>TH</sup> I AM GIVING.

12<sup>TH</sup> I want to hear about what others think.

FOR THE GROWN-UPS...  
Encourage your child to think about the value of little things they can do to be supportive and giving. Speak about the ways you already support each other.

13<sup>TH</sup> I can pay attention when others speak.

14<sup>TH</sup> I can follow through on my plans.

16<sup>TH</sup> I AM GENEROUS.

15<sup>TH</sup> I can find ideas and causes to believe in.

17<sup>TH</sup> I am full of understanding.

18<sup>TH</sup> I have an open mind and an open heart.

19<sup>TH</sup> I notice when people need me.

20<sup>TH</sup> I can go above and beyond.

21<sup>ST</sup> It makes me happy when other people are happy.

22<sup>ND</sup> I CAN PUT OTHERS FIRST.

23<sup>RD</sup> I can take time to show how much I care.



### Kind wishes

Open your hands and take a moment to think of the kind things that you wish for others. Tap your thumb to each finger each time you make a silent wish.

# December

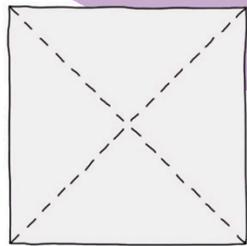
## What you'll need:

- A square piece of paper
- Colored pens

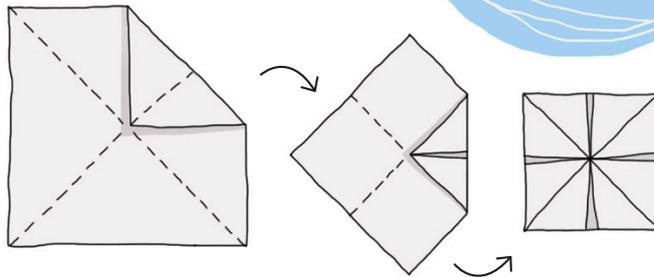
# Choice maker

Maybe you want to support others but have so many ideas as to how that it's hard to choose just one, or perhaps you can't quite think of a way to help. This craft is a fun way to make that choice.

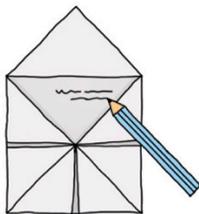
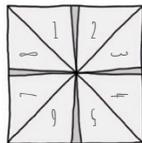
- 1** **Fold the paper** corner to corner, creating diagonal fold lines. Open and flatten out the paper.



- 2** **Fold all the corners** into the center. Flip and repeat with smaller folds to the center.

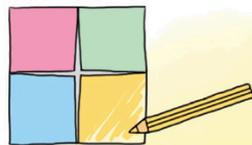


- 3** **Write the numbers 1-8** on the small triangles.

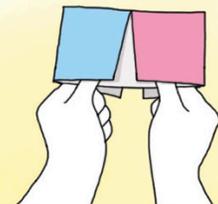


- 4** **Open the flaps** and write an idea for how you can help others inside each one.

- 5** **Turn over** and then color each square a different color.



- 6** **Fold the choice maker** in half, then tuck your fingers in the four openings below. Now you're ready to play!



FOR THE GROWN-UPS...

Ask your child to reflect on how supporting others makes them feel. Share your own experiences and inspirations with them. Find ways to work together to help others.



To play the game, ask a friend to choose a color. Open and close the choice maker as you spell out the color, for example, P-I-N-K. Then choose a number and read the affirmation under that flap.

# Feelings index

Pause to notice what you feel, in this moment. If you are not happy with your current mood, search this index for a feeling that matches yours, and head to the pages with affirmations that can help shift your mood.

## Improve your mood

Read through the affirmations on the suggested pages and see whether any of them feel helpful. Try the mindful movements or activities, and explore the real people who lived by those affirmations. Afterward, stop to think—has your mood improved?

I feel...



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Pages 28–33, 40–41, 52–53



Pages 26–27, 36–37, 62–63



Pages 18–19, 22–27, 38–41



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Pages 8–11, 14–15, 54–57



Pages 8-11, 18-19



Pages 8-11, 58-63



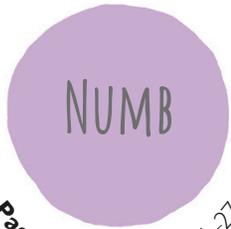
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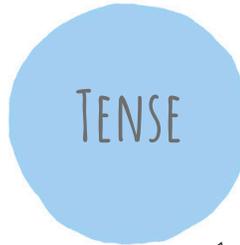
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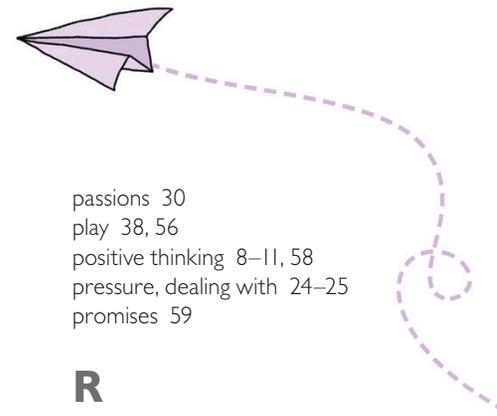
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**If you're not satisfied**, try another one of the suggested pages until you find one that feels right. Your feelings matter and you can find tools, like this book, that work for you.

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