THINGS I CAN DO TO FEEL GREAT

Have you ever had a bad day? Maybe even a terrible, no good at all, very bad day? What do you do on a day like that? Well, how about all the things you love that make you feel great? Write these ideas down and place them in the bucket that expresses your feelings. Whenever you need a pick-me-up, choose one of your favorite activities to help yourself feel great again!

How to Make

1. **Print** pages 2 and 3, cut along the dotted line and tape together.

2. **Print** page 4 and cut out the buckets. **Tape** the buckets to the poster along the side and bottom edges. Do not tape along the top of the bucket.

3. **Print** pages 5-8 and cut out the strips. **Write** down these ideas when you feel happy, rested, calm, and joyful. Place the strips in the buckets and refer to them when you need a boost!

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THINGS I CAN DO TO FEEL GREAT

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I FEEL HAPPY WHEN...

I FEEL RESTED WHEN...

I FEEL CALM WHEN...

I FEEL JOYFUL WHEN...

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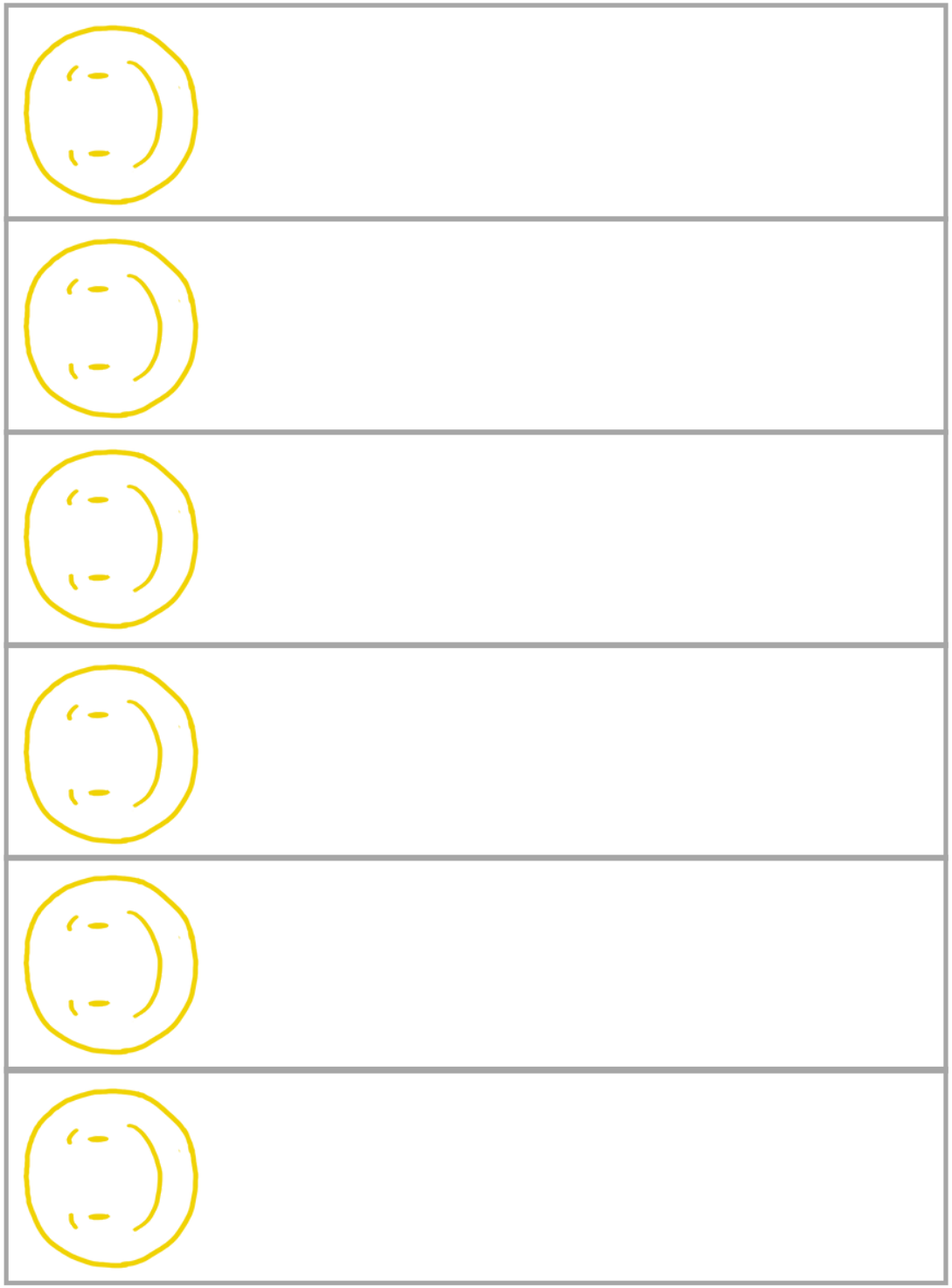

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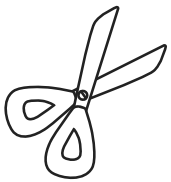

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2022 New Year Kits

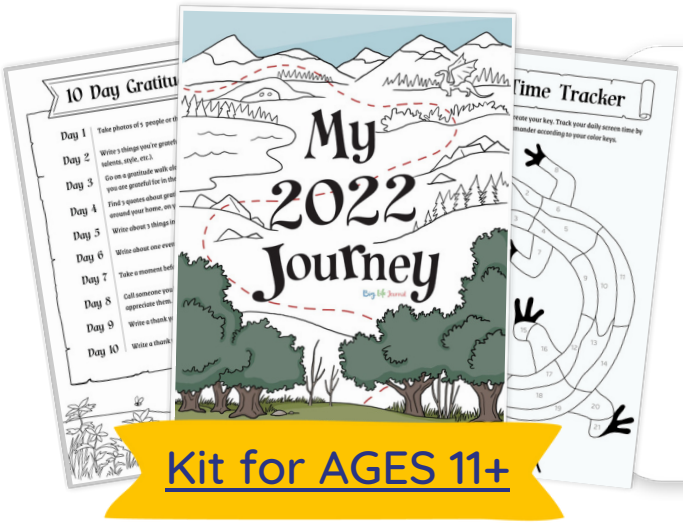
A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

★★★★★

"My kids and I did this together after New Years to plan our new year. Has transformed our lives in a beautiful way. **Our time spent is now a joint effort, we have become a united team!"**

- Sharon G.

Kit for AGES 5-10



Kit for AGES 11+

★★★★★

"This is a great kit with wide-ranging materials. We can build goals for the new year, incorporate growth mindset into literacy, and continue building skills for **positive thinking and the power of YET!"**

- Candice

Peek Inside the Kits

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