

Fear

Worry

1

8

1

2

I will not compare
myself to anyone else
— I am enough
I know that being
uncomfortable is
where growth happens

I love myself,
I believe in myself,
I trust the world around me

I am brave and can
do hard things that
are good for me

I am safe and know
where to find helpers
when I need support

I can ride my feelings
like a wave — I know
I will feel calm again

9

3

I can find calm:
breathe in for 4,
hold for 4, breathe out for 4
I am present and
can name 3 things
I see, hear, and smell

Avoidance
BrightLife Kids
A CalHOPE program by Brightline

5

4

Pressure
BrightLife Kids
A CalHOPE program by Brightline

I Can Do Anything Affirmations

Help your child make this simple activity!
In just a few minutes, you'll have a game your child can play
to find positive thoughts whenever big feelings come up.



brightlife.kids/ca

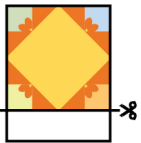


888-275-5357



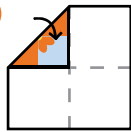
ce@hellobrightline.com

1



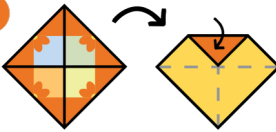
Cut the solid line and fold the dotted lines on the back

2



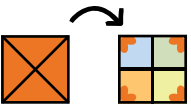
With the printed side facing down, fold each corner in

3



Flip it over and fold all four corners in

4



Flip the paper over again

5



Gently open the pockets and insert a thumb and pointer finger into each of the corners

How to Play

1. Choose a feeling; open and close the activity once per letter in the feeling (if you choose "Worry" open/close 5x)
2. Choose a number from the ones you see
3. Open and close the activity that many times (if you choose "4" open/close 4x)
4. Choose a number from the ones you see, open the flap, and read your affirmation!