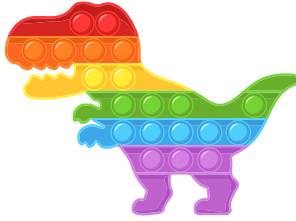


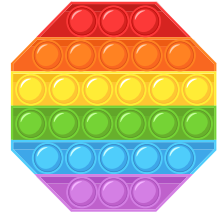
Be Kind to Your Mind



Take a break
before you
break



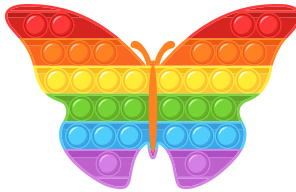
I haven't
figured it
out YET



I can do
hard things



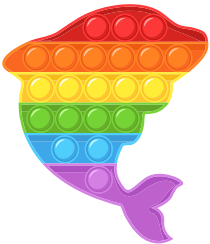
All people
experience
pain. I am not
alone.



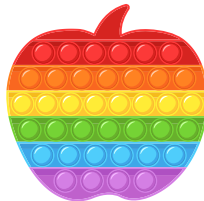
May I be as kind
to myself in hard
times as I would
a good friend.



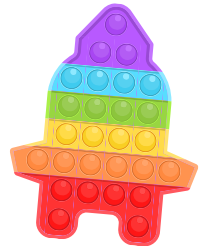
I am brave
enough to
try



I wonder what
surprising and
magical thing will
happen today?



It's healthy to
express my
feelings instead of
bottling them up

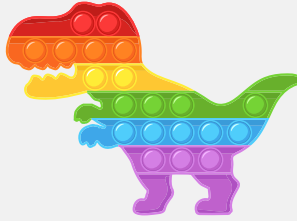


Mistakes help
me learn and
grow

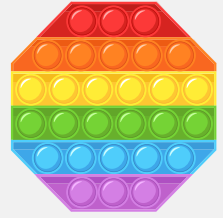
Be Kind to Your Mind



Take a break
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break



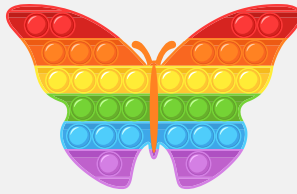
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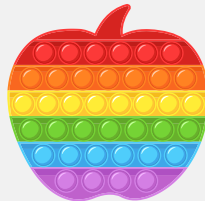
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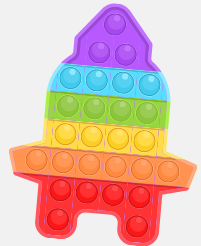
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BE KIND TO YOUR MIND

Take a break
before you
break

I haven't
figured it
out YET

I can do
hard things

Mistakes help
me learn and
grow

It takes
strength to
express my
feelings

Breathe in for
the count of 4,
breath out for
the count of 5

All people
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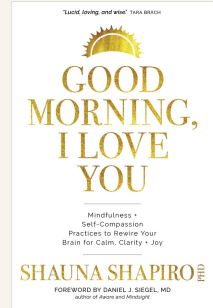
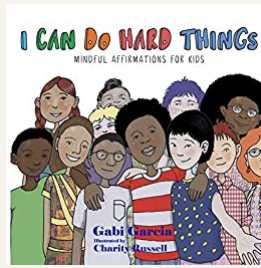
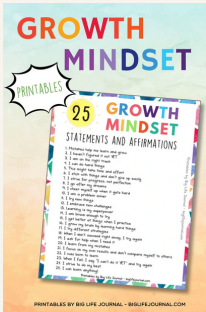
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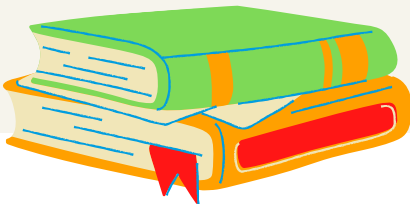
Be Kind to Your Mind Sources



[Big Life Journal](#)
growth
mindset
company

["I Can Do Hard Things: Mindful Affirmations for Kids"](#) by Gabi Garcia

The Miracle Morning question is from the book, ["Good Morning: I Love You"](#) by Shauna Shapiro



How you speak to yourself matters.