

HOW TO THINK AND BE ME

STEP 1

Notice it
Name it



STEP 2

Calm your body
Calm your brain



STEP 3

Catch it
Check it
Change it



COOL CAT

I am brave.
I can be myself.
I can make friends.

Everyone thinks I'm dumb.
Why does everyone hate me?
I hate everything.



ANGRY DRAGON



WORRY WATCHDOG

Nobody likes me.
I bet I'm going to trip up.
I'm worried I will fail.