

Wag & Brag



Every day is a new chance to learn and smile!

TODAY I WILL...

- Be kind
- Try my best
- Keep going
- Help others
- Believe in myself



Wag & Brag



Say these out loud with me!

- I am kind.
- I am strong.
- I am important.
- I can do hard things.
- I believe in myself.



Wag & Brag



I can't control everything... but I CAN control:

- My choices _____
- My words _____
- My actions _____
- How I treat others _____

FOCUS ON WHAT YOU CAN DO!

Wag & Brag

BRAG HELPS: CHANGE YOUR THINKING



INSTEAD OF THINKING...	TRY THINKING...
I can't do this.	I'll keep trying!
I made a mistake.	I am learning!
This is too hard.	I can do hard things!
I'm not good enough.	I am doing my best!

Wag & Brag

WAG'S THANKFUL LIST



Wag loves finding the good in every day!

Write 3 things you are thankful for:

1. _____
2. _____
3. _____

Wag & Brag

BRAG'S PLAN FOR THE DAY



Small steps make a big difference!

TODAY I WILL:

- _____
- _____
- _____

YOU'VE GOT THIS!