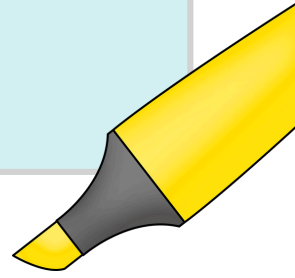


MY POSITIVE REMINDERS

AFTER SCARY EVENTS

Highlight the reminders that you want to use



I AM SAFE
RIGHT NOW

IT IS OKAY TO BE
HERE AND TAKE
MY TIME

IT IS OKAY TO FEEL
SCARED, SAD OR
ANGRY

I AM PROTECTED
AND CARED FOR

I CAN LET MY
FEELINGS OUT IN
SAFE WAYS

MY FEELINGS ARE
REAL AND
IMPORTANT

I CAN TAKE
SMALL STEPS TO
FEEL SAFE

I CAN MAKE
CHOICES THAT
KEEP ME SAFE

I AM BRAVE EVEN
WHEN I FEEL
AFRAID

I AM STRONG
AND RESILIENT

I DESERVE
KINDNESS AND
CARE

ITS OKAY TO PAUSE
AND TAKE CARE OF
MYSELF

EVERYDAY I CAN
FEEL A LITTLE
BETTER

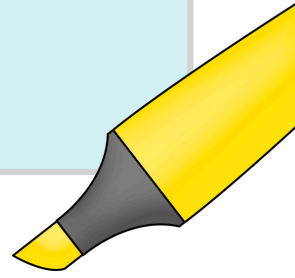
I CAN USE MY SAFE PLACE
AND MY BREATHING TO
CALM DOWN

I CAN TAKE ONE
STEP AT A TIME

MY POSITIVE REMINDERS

AFTER SCARY EVENTS

Highlight the reminders that you want to use



**MY FEELINGS ARE REAL
AND IMPORTANT**

**I CAN FEEL MY EMOTIONS
AND STILL BE STRONG**

**I HAVE THE POWER TO
CHOOSE HOW I RESPOND**

**I CAN ASK FOR HELP WHEN
I NEED IT**

**I AM BRAVE EVEN WHEN
THINGS FEEL HARD**

**I AM WORTHY OF LOVE,
CARE AND RESPECT**

**I AM ENOUGH JUST AS I
AM**

**I CAN TURN SCARY
MOMENTS INTO LEARNING
MOMENTS**

**I CAN USE MY SAFE SPACE
IN MY MIND TO FEEL CALM**

**I AM IN CONTROL OF MY
MIND AND BODY**

**I HONOUR MY FEELINGS
AND TAKE CARE OF
MYSELF**

**I AM PROUD OF MYSELF
FOR OVERCOMING
CHALLENGES ONE STEP AT
A TIME**