

Mirror Affirmations

Look into a mirror and say these to yourself.

♥ I am loved.

♥ I am important.

♥ I am kind.

♥ I am smart.

♥ I believe in myself.

♥ I am brave.

♥ I am amazing just the way I am. ♥



Draw How You Feel Today

How do you feel in this moment?



Happy



Calm



Sad



Angry



Scared

What helps you feel better?



Confused



Hugs



Music.



Playtime



Nature



Breath



Gentle Self-Reflection Prompts

Pause and gently reflect on your caring journey



Today, I felt loved when...



Today, I would like to validate myself for...



Tomorrow, I will ask for support with...



I am doing my best,
with the resources
I have now. ❤️ ✨



EMOTION OCEAN

Color the waves and circle how you feel today.



Safe Space

Happy

Sad

Calm

Worry

Scared

Excited

My Safe Dock is...

