

EMBRACE YOUR BODY

MY STRENGTHS

I AM GOOD FUN	I AM A GOOD FRIEND	I AM STRONG
I AM BRAVE	I AM LOVING	I STICK AT THINGS
I INCLUDE OTHERS	I AM A GOOD SPORT	I HELP OTHERS
I AM CAREFUL	I FORGIVE PEOPLE FOR MISTAKES	I AM INTERESTING
I AM LOYAL	I CAN DO THINGS BY MYSELF	I CAN BE TRUSTED
I HAVE GOOD MANNERS	I AM NEAT AND TIDY	I STICK UP FOR OTHERS
I CARE ABOUT OTHER PEOPLE'S FEELINGS	I BOUNCE BACK	I AM FULL OF ENERGY
I STICK UP FOR MYSELF	I TRY MY BEST	I AM FRIENDLY
I WORK HARD	I AM SENSIBLE	
I WILL TRY NEW THINGS	I AM A CALM PERSON	
I AM HONEST	I AM GOOD AT MAKING THINGS	