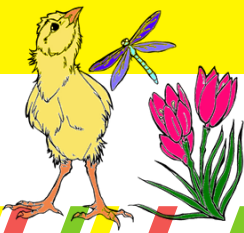


Bree Kind to Yourself



Color and hang this sign where you can see it every day.
The sign will "Breemind" (remind) you to Bree Kind to Yourself.
Note: Fill in your very own "I am" and "I can" statements below.



I Breelieve in myself!

I love myself.

I am strong.

I am enough.

I am beautiful.

I am valuable.



I am talented.

I have many gifts!

I am _____

I can _____

It's okay to make mistakes.

I can try again.

There is only one Breemazing me! I have gifts to share!