



Name _____

Lucky ME

You are the only you in the whole world! Does that make you feel lucky? Fill in the blank on each clover so when you're feeling blue, you can remember all of the wonderful things that make you, YOU.

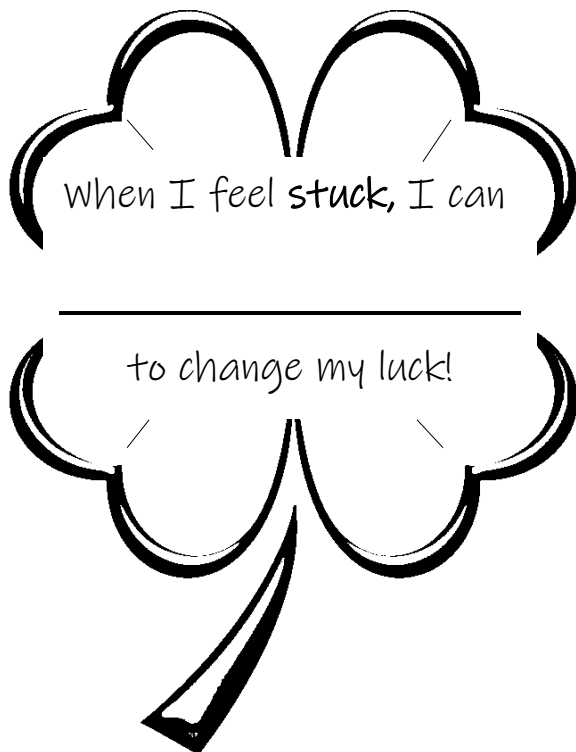
I am lucky to
be me because...





When you start feeling unlucky, what are some things **you can do** to help you feel brand new?

- Breathe
- Sing / Play Music
- Run / Jump
- Rest
- Laugh
- Dance
- Wash My Face
- Play
- Read
- Eat a healthy snack
- Hum
- Write / Color
- Talk
- Drink Water
- Exercise



Circle 2 things from the list above that you will try the next time you feel mad, sad or nervous.

Then, fill in the blank clovers.

Color the clovers and hang this paper up in your room to remind you of the things **you can do** all on your own to feel better!