

# My Worry Cloud

Write down what's in your Worry Cloud. Then, write down things that you can do to help your cloud get smaller.



What am I worried about?



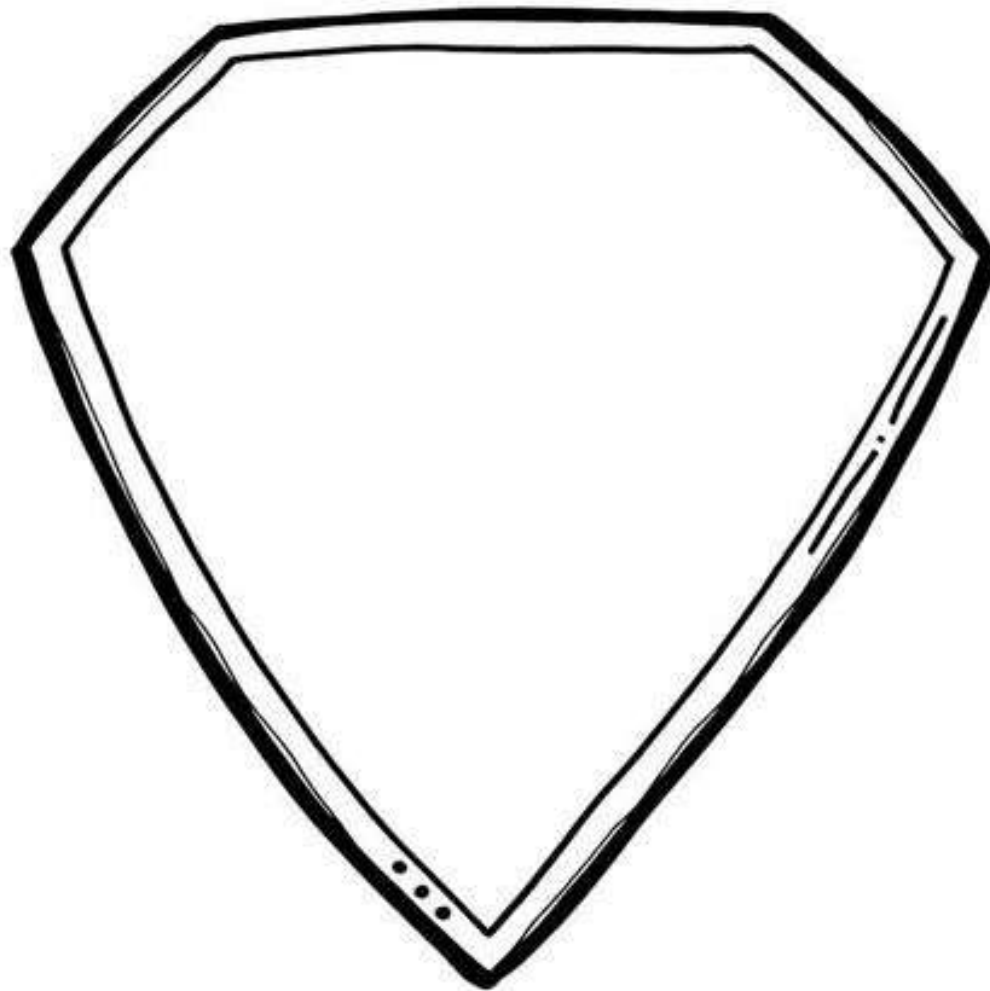
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Name: \_\_\_\_\_



## Positive Self-Talk Shield

Write some positive self-talk statements you can practice saying to protect yourself against negative thoughts.



# My View of Me

Answer the statements below by ranking how much you agree with each one.

	Really Disagree		I Kind of Agree		Really Agree
1. I am smart	1	2	3	4	5
2. I am talented	1	2	3	4	5
3. I am athletic	1	2	3	4	5
4. I am popular	1	2	3	4	5
5. I am happy	1	2	3	4	5
6. I am kind	1	2	3	4	5
7. I am good-looking	1	2	3	4	5
8. I am a good family member	1	2	3	4	5
9. I am a good student	1	2	3	4	5
10. I will be successful in life	1	2	3	4	5
11. People like me	1	2	3	4	5
12. People look up to me	1	2	3	4	5
13. I am unique and special	1	2	3	4	5
14. I am funny	1	2	3	4	5
15. I am creative	1	2	3	4	5



# My Feel Better Flower!

my name is: \_\_\_\_\_

Rain helps  
flowers grow  
(list things that  
boost you up)

Flowers are  
beautiful  
(list beautiful  
things about  
yourself)

Roots support the flower  
(Name people that support you)

