THIS BOOK BELONGS TO:

NAME: ____________________________________________________________

AGE: ____________________________________________________________

GRADE: __________________________________________________________

SCHOOL: _________________________________________________________

TEACHER: _________________________________________________________
Grade 2

Positive self-talk

Name: ............................................................... Date: ........................................

What positive things can you say about yourself that make you feel good?
1. Write them on the leaves of the tree and then colour-in the picture.
Here are some examples to help you:

<table>
<thead>
<tr>
<th>friendly</th>
<th>creative</th>
<th>helpful</th>
<th>tidy</th>
<th>kind</th>
</tr>
</thead>
<tbody>
<tr>
<td>honest</td>
<td>caring</td>
<td>loving</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Feel the Freshness

Albany BAKERIES

Feel the Love

Pick n Pay

School Club
I love you because

Name:.................................................................  Date:.................................

1. Colour-in the picture and then write a list of people you love and people who love you.

I love you:

_______________________________________________________________________________________________

Loves me:

_______________________________________________________________________________________________