

Feel the Freshness



**Share the love with
Albany Bakeries**

**FEEL THE
LOVE**

**FEEL THE
FRESHNESS**

THIS BOOK BELONGS TO:

NAME: _____

AGE: _____

GRADE: _____

SCHOOL: _____

TEACHER: _____

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Positive self-talk

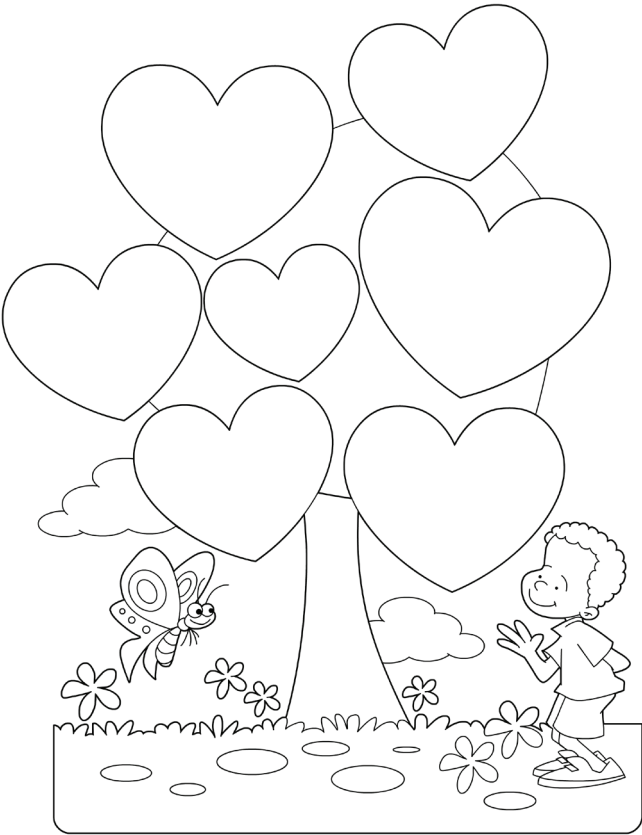
Name:..... Date:.....

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:

friendly	creative	helpful	tidy	kind
honest	caring	loving		



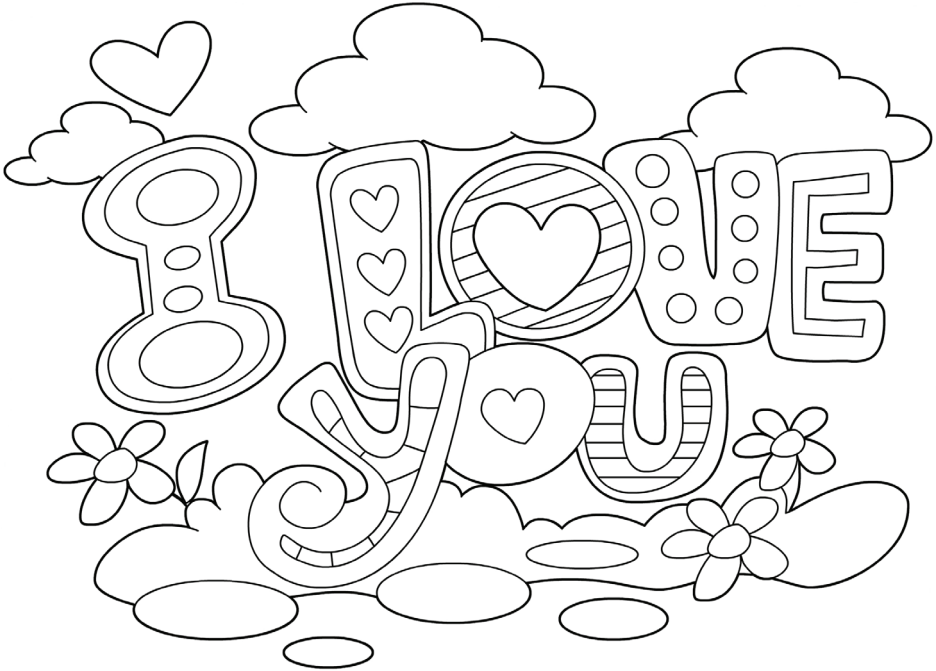
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I love you because

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:

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Lined area for writing notes.

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