FEELING FACES  "I have the courage to talk about my feelings."

Fill in each circle with a feeling face. Underneath the face name the feeling and write down what makes you feel that way.

I feel ____________________________

I feel this way when _______________

I feel this way when _______________

I feel ________________

I feel this way when _______________

I feel this way when _______________

I feel ________________

©2019 Jesse Lewis Choose Love Movement
COURAGEOUS ME  “Mirror, Mirror on the wall, who is the most Courageous of them all?”

“When I look in the mirror, I see Courageous Me!”
MY COURAGEOUS VOICE

We have two voices that try to tell us how to feel and act: The Fearful Voice and The Courageous Voice. The Fearful Voice makes us feel afraid, weak, helpless, and sad. The Courageous Voice makes us feel brave, strong, confident and happy. When we listen to the Courageous Voice, we can feel and be our best!

Below change the message from the Fearful Voice to the Courageous Voice.

FEARFUL VOICE    —— change to —— COURAGEOUS VOICE

I can’t do it.  
I am not strong enough.  
I am scared.  
I can’t do anything right.  
Nobody likes me.  
It’s too hard.  
There’s nothing special about me.  
There’s nothing I can do.  
Nobody cares about me.  
I am not important.  
Everyone is going to laugh at me.

I can do it if I try.  

Draw a picture of you listening to the Courageous Voice inside you.