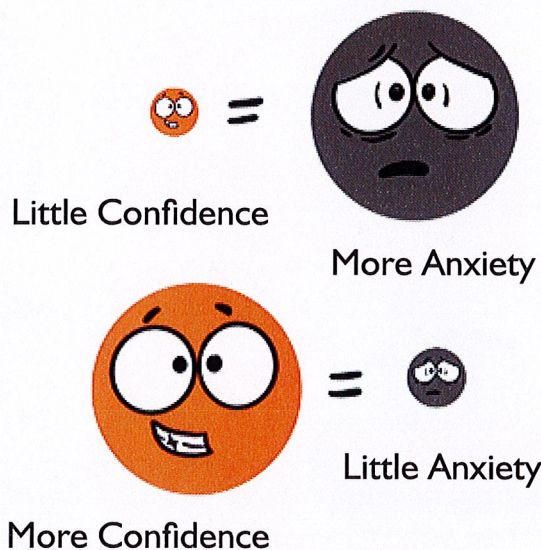
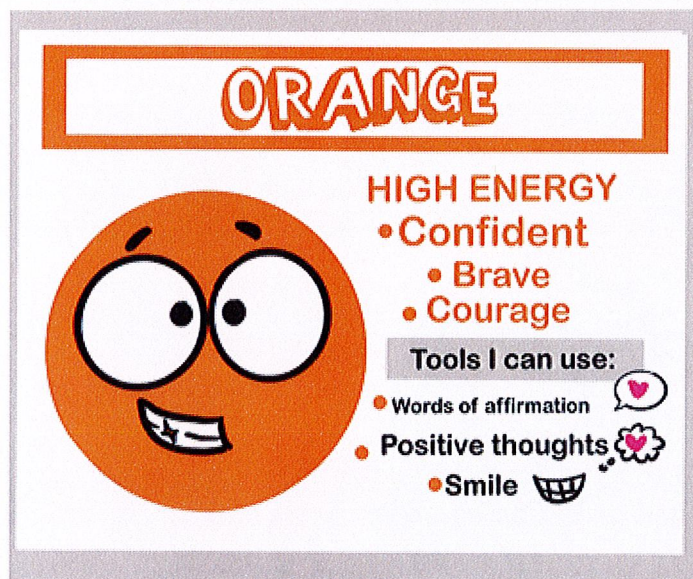


CONFIDENCE/BELONGING

Confidence grows with our experiences and the people around us. The more confidence your child grows, the easier it will be to manage anxiety. Confidence helps them learn more in school and become more accepted by their peers.



When you remind your child how important they are to you, it builds their Confidence Spot!

Try This:

I believe
in you!

I am proud
of you!

I am here
for you.

Your Belonging SPOT grows when we make friends. We are social creatures and if your child struggles with belonging, try role playing different scenarios. Offer them guidance on phrases they can use. Also, make an effort to point out when you use these phrases in your own social interactions. their Belonging SPOT.

Try This:

Hi, my
name is...

Can I play
with you?

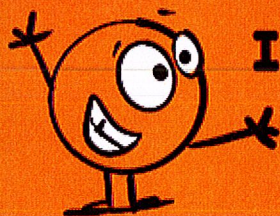
How was your
weekend?

CONFIDENCE/BELONGING

Positive self-talk is incredibly important for growing a Confidence Spot.
Try saying positive affirmations on the way to school or when your child wakes up!



Try this:



**Today is a new day! I will have a great start.
I will listen to the voice inside of my heart.
I will let good thoughts inside of my mind
and tell myself:**

I am brave, I am loving, I am kind.

You can create your own or print this out and place it somewhere your child will remember to say it to themselves.