

Green thoughts help our happy and brave feeling grow

I can do it.
I can try
my best.

I know how to keep
safe. If I do have a reac-
tion I know what to do.

I can learn and do
better next time.

I'm the boss of my
body. I can manage my
asthma and eczema.

I can choose to
grow my happy
feelings.

It's not about me.
Maybe they are
having a bad day.

This is not terrible.
War is terrible – this
is just annoying.

photo
here

I don't have to do
this by myself. I can
ask for help