



Yak

Resource Guide

Yak's stories of self-acceptance, perseverance, and self-worth, helps children cope with perfectionism. These books were developed with the intention to remind children being perfect is not always possible and that in moments of self-doubt you are loved and enough.

Key Themes

Self-Acceptance

Loving yourself just the way you are

Positive Self-Talk

Saying kind words to yourself

Emotional Safety

Feeling safe to experience and express all emotions

Coping with Perfectionism

Understanding you don't have to be perfect, you are enough as you are

Perseverance

When you keep trying, even when things are hard

Discussion Questions

What are some things you love about yourself?

My hair, I wear glasses, I'm a good friend, etc.

Is there any activity you do where you feel like you have to be perfect?

Drawing a picture, playing basketball, spelling, etc.

Activity

Play a silly game of making mistakes. Sing a song wrong, miss a basket, color with the wrong color, then model the positive self-talk you would use after making a mistake. Have your child play along and practice using positive self-talk in each situation. If they are struggling to find the words themselves or finding it frustrating, ask them "what would you say to your friend if they made this mistake?"

Examples: "It's okay, that was a new version of the song!"; "I can try again!"; "My picture looks great just the way it is!"

Affirmation

I am enough just the way I am.