

Positive Self-Talk

Yak always wants to do her best and gets frustrated when she makes a mistake. But Yak is learning to tell herself positive things when she's frustrated, because making mistakes is okay! Fill out each box below with positive things you can tell yourself when you're upset.

When I make a
mistake I can say...

Oops! That's not
what I wanted to
happen.



When I'm trying
something new I can say...

When something feels
too hard I can say...

Other positive things I can say to myself are...
