

# Fantastic Friday

## 'Pebble Phrases'

Gather some rocks or pebbles from your back garden or while out for a walk. Think of some positive messages that you could write on them. Paint and decorate your pebbles and write your message. You could leave them in your own garden or perhaps give them to someone you care about.



## **KIND MIND!**

Did you know that we are sometimes very mean to ourselves? We often say things to ourselves that we would never say to anyone else, especially if we haven't done well at something or if we are worried about something. Maybe you've said things like 'I'm so stupid' or 'Why am I not as good as -----'. This is very bad for our well-being as it can make us feel bad about ourselves? We need to say kinder things to ourselves instead! Here are some kind things that we can say to ourselves:

**I don't have to be perfect.**

**My best is good enough.**

**I don't have to be, or feel, amazing all of the time.**

**I don't need to compare myself to anyone else.**

**I don't need to have everything figured out right now.**

**Aim for progress, not perfection.**

**I'm stronger than I feel right now.**

**I don't need to beat myself up over this!**

**Pause, breathe, keep going!**

**Nobody has it all figured out!**

**I can cope with my strong feelings.**

**What can I do right now to help myself to feel better?**

Write down three things that you like to say to yourself to make yourself feel better.

## MOOD BOOST!

We all need a little mood boost from time to time! Of course it's OK to feel sad, lonely, worried and scared at times, but if you decide that you need a break from those feelings for a while, then do a mood boost! A mood boost is anything that you like to do that puts you into a better mood. Maybe it's listening to your favourite music, dancing, reading, watching funny videos on YouTube, baking, drawing, being creative, exercising, helping, writing, meditating... whatever boosts your mood? Write your Mood Boost list here and use it whenever you need to!

### MY 'MOOD BOOST' LIST





The Best  
Things  
in Life  
are  
free!