Believe You Can

Let’s get ready for Wellness!

Watch and do.
1 Look and listen.
- What do you see?
- What do you hear?
- What’s happening?

2 Talk about you.
- Who helps you believe in yourself?
- Is it easy or hard for you to believe in yourself?

Ugh!
Lesson 1

How do you feel when you succeed? How do you feel when you DON’T?

Choose and circle. Then write.

Feelings show up in our bodies.

Where do you feel BIG Feelings when you succeed or don’t? Look and color.
How do you think they feel?

1. scared / excited
2. proud / embarrassed
3. frustrated / happy

How can you feel better when you try something new or difficult?

1. practice
2. ask
3. think

Can you ride a bike? How do you feel? Is it hard to ride a bike?

I can ___ questions to find out more.

I can __________ of the best and worst thing that can happen. I can learn from this and believe in myself.

I can __________! I can do it a lot and get better!

Superhero POSE

Stand up and do a superhero pose!

Stay still. Breathe in and out.

How do you feel?

Remember YOU are a hero on the outside and on the inside, too!
Lesson 2

1 Listen and read. Who needs help?

Mei! You have to sing!
No!

But you like singing!
Yes, but I don’t sing on stage!

Hey, Mei!
I can sing!
I can help you!

What’s the best and worst thing?

Hey, Mei!
I can sing!
I can help you!

Wow! What can I do to sing like you?

Practice!

I’m ready!


scared  proud  excited  happy  proud

1 What three feelings does Mei feel?
________________  ____________  ____________

2 Oscar helps. How does he feel? ______________

3 Franco sees Mei sing at the talent show. How does he feel? __________

Mei feels scared. It’s her first time singing on stage.
What about you?

Read and complete.

1. I’m not sure I can do something. I feel ____________.
2. I try something new. I feel ____________.
3. I believe in myself. I feel ____________.

My Wellness Journal

Who helps you?

Read, write, and draw.

________________________ helps me believe in myself!