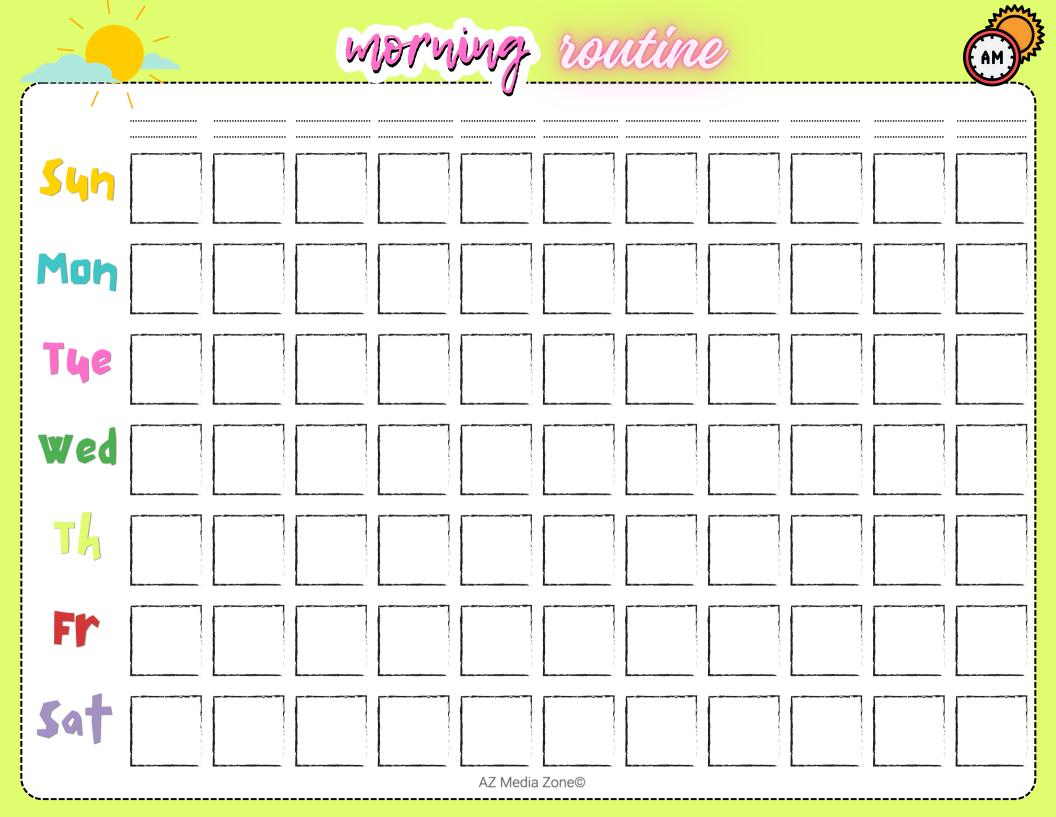


morning routine



/	5 MINUTES OF EXERCISE	LEMONADE & VITAMINS	MAKE MY BED	EAT BREAKFAST	PUT THE DISHES AWAY	BRUSH Hair&teeth	GET Dressed	PUT PJ BACK	FILL WATER BOTTLE	IS MY BACK- Pack ready?	HUGS AND Kisses
<b>54</b> h											
Mon			6			6					
Tye							6		6		
Wed											9
Th							6				
Fr							6				
Sat											
l,					AZ Media	Zone©					٠,





## Evening routine



	PUT SHOES & CLOTH AWAY	WASH YOUR Hands	CHANGE INTO HOME CLOTH	HAVE SUPPER / DINNER	PUT THE Dishes away	READ FOR 30 MINUTES	MATH Homewor K	PREPARE SCHOOL CLOTH	IPAD / TV TIME	BRUSH TEETH& Hair	HUGS AND Kisses
54n	0 7										
Mon											
Tye										6	
Wed											
Th	6		6								
Fr	6 7										
Sat	67										
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## Evening routine



Syn							6 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	
Mon	6	6						
Tye	67	6 7 1	6 6 7 1				6 6 1	
Wed	6		6					
Th	1 6 7 1	3	6					
Fr	6 7 1	1	6 7 7				6 1	
Sat				A7 Med	lia Zone@			



I AM CONFIDENT AND BRAVE,
I AM IMPORTANT AND SPECIAL,
I CAN BE A POSITIVE LEADER TO
OTHERS,

I AM PROUD OF MYSELF AND MY
ACCOMPLISHMENTS,
MISTAKES HELP ME LEARN AND
GROW,

I AM A PROBLEM SOLVER,
MY PACK HAS MY BACK!



## rening ations affirmations poutine #1

AS THE STARS LIGHT UP THE NIGHT,
I KNOW MY FUTURE IS SHINING
BRIGHT.

I'M STRONG, I'M BRAVE, I'M FULL OF CHEER,

GRATEFUL FOR ALL I HOLD DEAR.
WITH EACH DREAM, I GROW AND
SOAR,

TOMORROW BRINGS NEW GOALS TO EXPLORE.



A







THE SUN IS UP, THE WORLD'S

AWAKE,
I'M READY FOR THE STEPS I'LL

I'M STRONG, I'M BRAVE, I LEAD WITH MIGHT,

TAKF

MY DREAMS WILL TAKE THEIR PERFECT FLIGHT.

WITH COURAGE, LOVE, AND
GOALS IN VIEW,
THERE'S NOTHING TODAY

I CAN'T DO!

6+ E

## rening ations affirmations poutine #2

THE DAY BEGINS WITH A HOPEFUL LIGHT,

I'M READY TO MAKE THINGS RIGHT.
I'M BRAVE, I'M SMART, I'M FULL OF
CHEER,

TODAY'S THE DAY TO CONQUER FEAR.

WITH A HEART THAT'S TRUE AND

DREAMS IN SIGHT,

I'LL MAKE TODAY SHINE BRIGHT!







A BRAND NEW DAY IS HERE TO GREET,

I RISE WITH POWER, CAN'T BE BEAT.

I'M SMART, I'M BOLD, I SHINE SO BRIGHT,

READY TO CONQUER, TO REACH NEW HEIGHT.

I FACE THE WORLD WITH HEART

AND MIGHT,

TODAY, I'LL MAKE

MY FUTURE BRIGHT!



THE DAY IS DONE, THE NIGHT IS NEAR,

I FEEL STRONG, THERE'S NO FEAR.

I'M CONFIDENT, I SHINE SO BRIGHT,

SHYNESS FADES INTO THE NIGHT.

WITH EVERY BREATH, I STAND TALL,

TOMORROW, I'LL GIVE MY ALL.





## I AM CONFIDENT AND COURAGEOUS:

I trust in my abilities and face challenges with bravery.



### I AM UNIQUE AND VALUED:

I embrace my individuality and know that I am cherished just as I am.



## I CELEBRATE MY SUCCESSES:

Each achievement, big or small, is a reason to be proud of myself.

## MISTAKES ARE PART OF LEARNING:

I learn and grow from my mistakes, turning them into opportunities for improvement.

## I AM KIND AND COMPASSIONATE:

I treat others with empathy and understanding, making the world a better place.



## THINKER AND PROBLEM SOLVER:

I approach challenges with creativity and find solutions that work.

## I AM SUPPORTED BY MY FAMILY AND FRIENDS:

I know that my loved ones are always there for me, no matter what.



## I AM SMART AND CREATIVE:

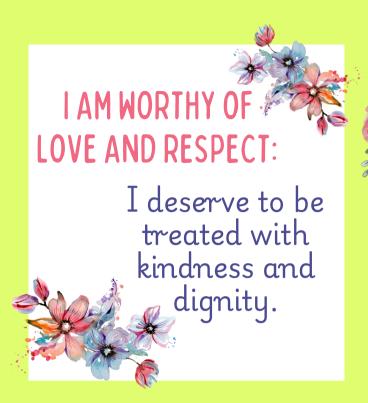
My ideas and thoughts are valuable and unique.

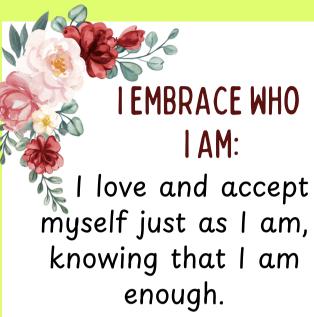


With determination and hard work, I can accomplish my goals.

#### I AM BRAVE:

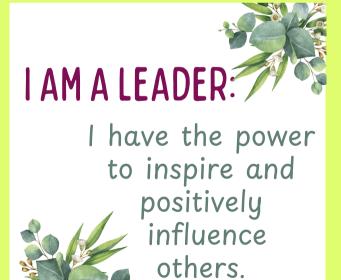
I face new experiences with courage and an open heart.





## I AM BEAUTIFUL INSIDE AND OUT:

My kindness and confidence make me shine brightly.









#### I AM PROUD OF MYSELF:

I did my best today, and that's something to be proud of.

## I AM THANKFUL FOR THE PEOPLE IN MY LIFE:

I am lucky to have caring family and friends who support me.

## I AM AT PEACE TODAY:

I let go of any worries and focus on the good things that happened.



## I LOOK FORWARD TO TOMORROW:

Tomorrow is a new day, full of opportunities and possibilities.

## I APPRECIATE THE LITTLE THINGS:

Today was filled with small joys, and I'm thankful for each one.

### I AM GRATEFUL FOR MY HEALTH AND WELL-BEING:

I appreciate my body and mind for carrying me through the day.



## I REFLECT ON MY GROWTH:

I recognize how much I've learned and grown from today's experiences.



#### I AM A GOOD FRIEND:

I show kindness, share, and care for others, making me a great friend.



## I AM FULL OF POTENTIAL:

There are no limits to what I can learn and achieve.

## I AM IN CONTROL OF MY FEELINGS:

and friends.

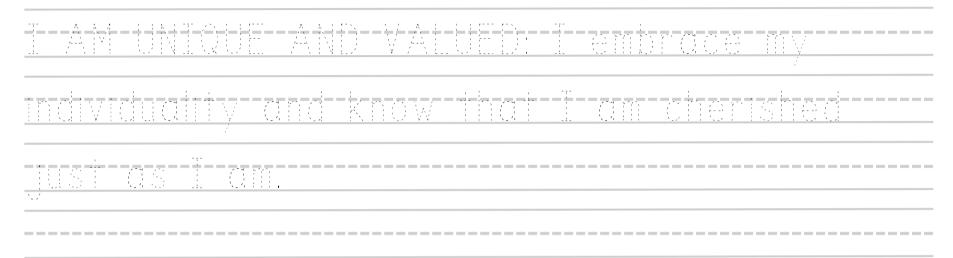
I can choose how I react and stay calm even when things are tough.

#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #1

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My	7 - 1   V	116.5	and	face	chall			brave	ery.

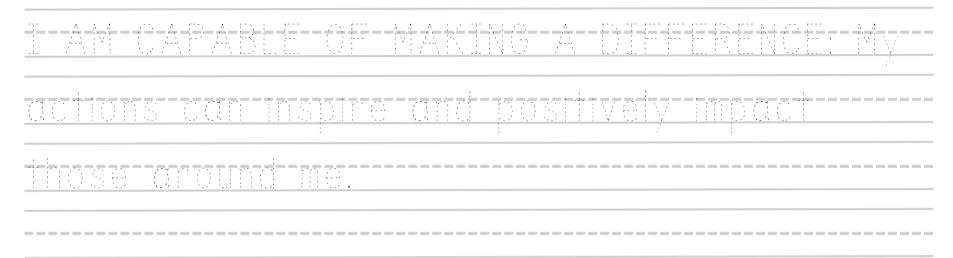



#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #2






#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #3



PRACTICE	TIME! WRITE	YOUR OW	N POSITIVE	AFFIRMAT



#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #4

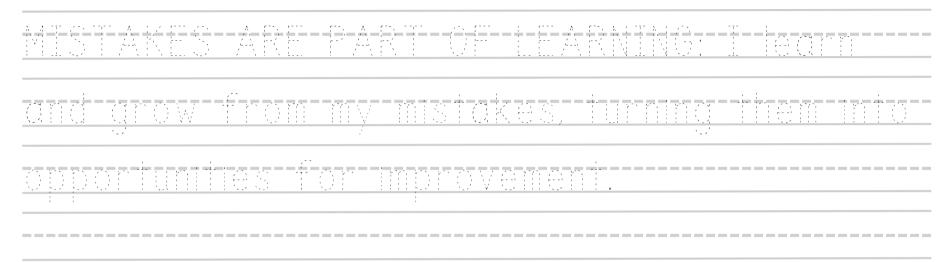
I CELEBRATE MY SUCCESSES: Each
achievement, big or small, is a reason to be
proud of myself.

PRACTICE TIME! WRITE YOUR OWN POSITIVE AFFIRMATION.
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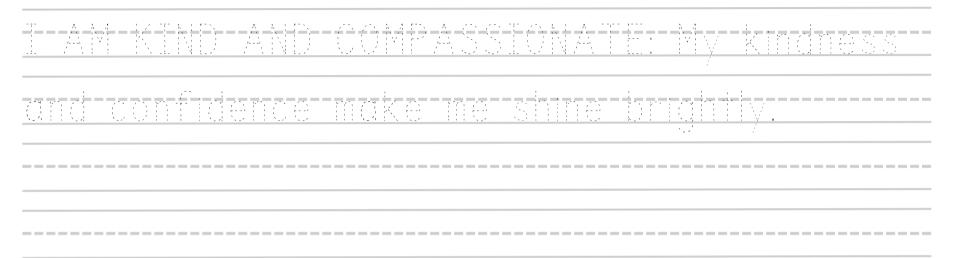




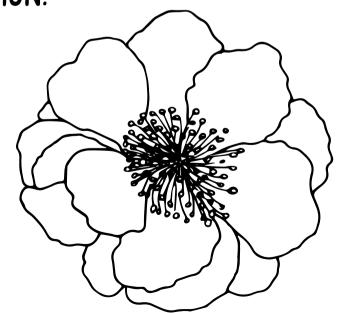
#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #5



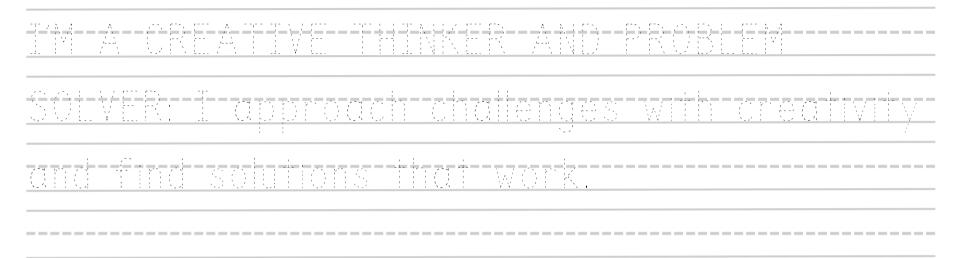
#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #6

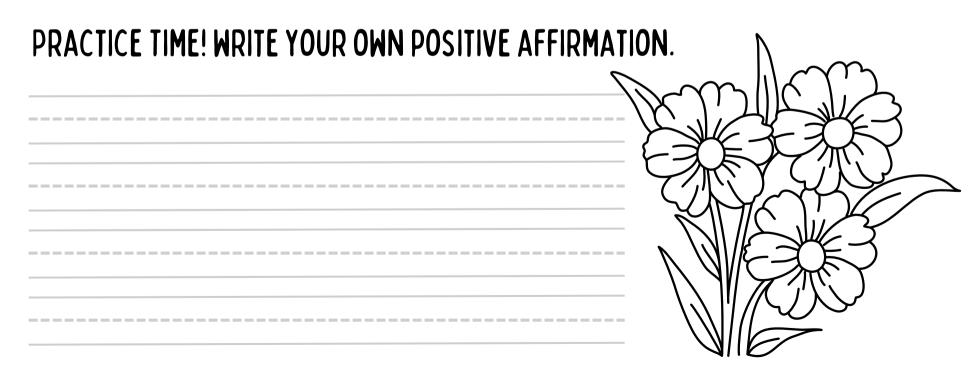




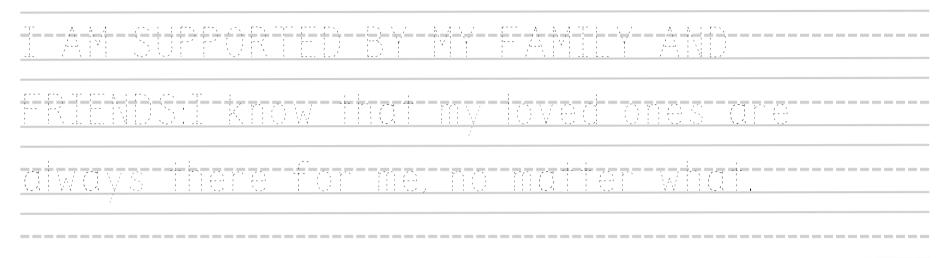


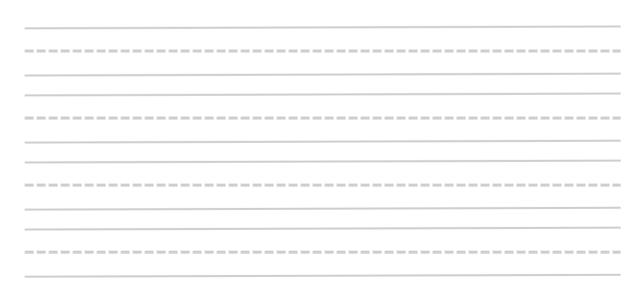
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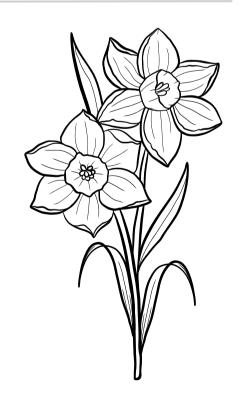




#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #8







#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #9

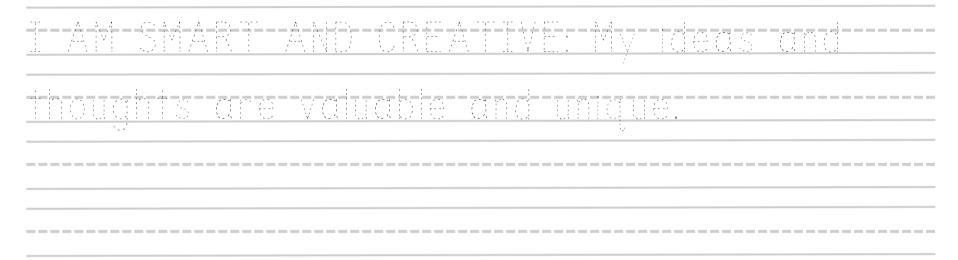
I AM BEAUTIFUL INSIDE AND OUT: My kindness and confidence make me shine brightly.

<b>PRACTICE</b>	TIME! WRITE	YOUR OW	N POSITIVE	AFFIRMATION.
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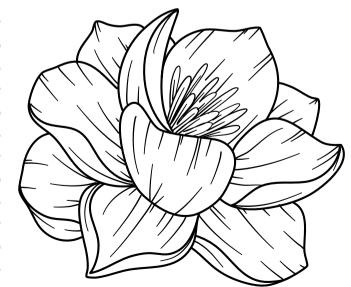




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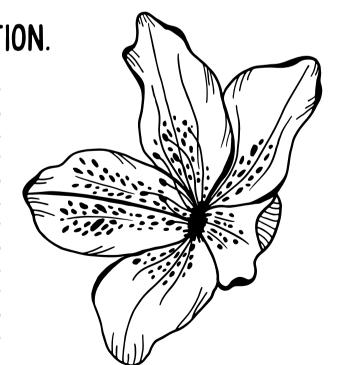




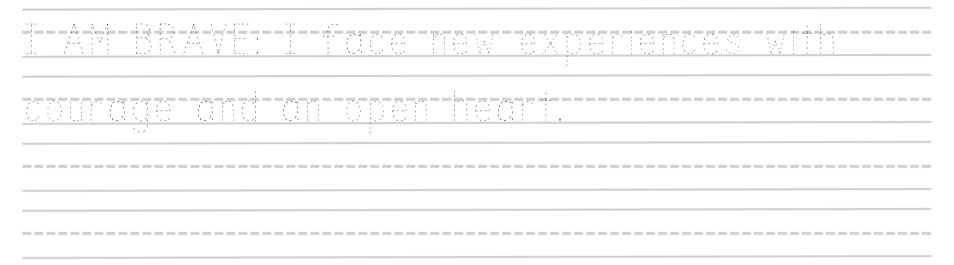
#### **POSITIVE AFFIRMATION HANDWRITING PRACTICE #11**

I CAN DO ANYTHING I SET MY MIND TO: With determination and hand work, I can accomplish my goals.

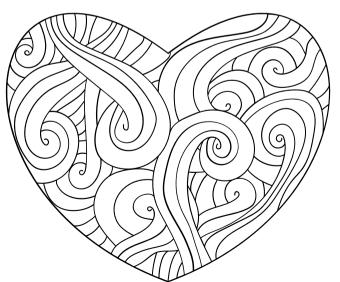
PRACTICE TIME!	WRITE YOUR OWN POSITIVE AFFIRMAT



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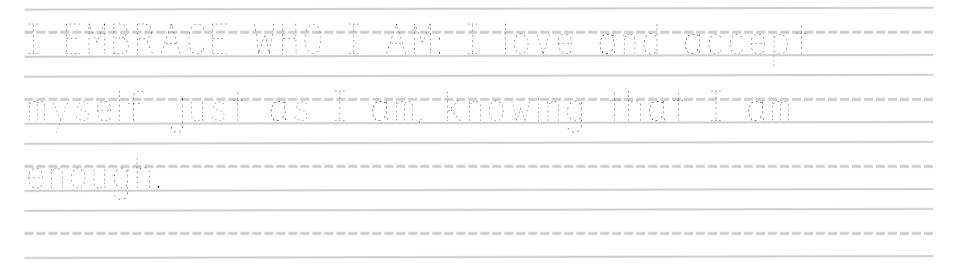
#### **POSITIVE AFFIRMATION HANDWRITING PRACTICE #13**

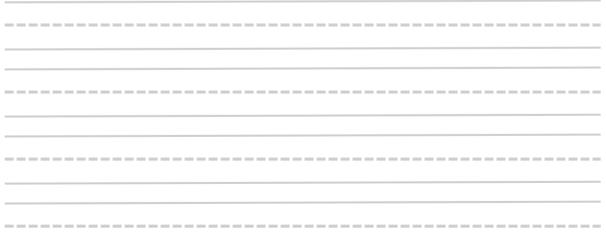


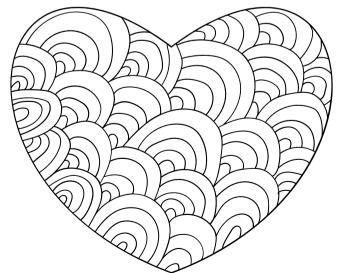




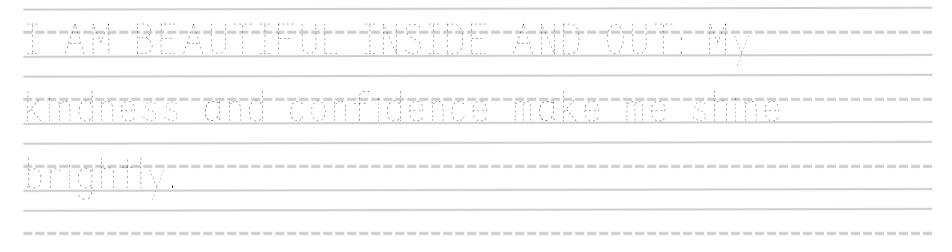
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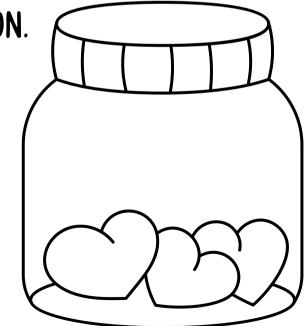




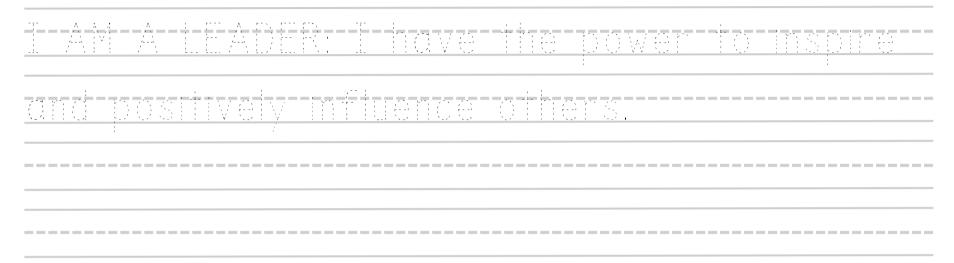
#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #15



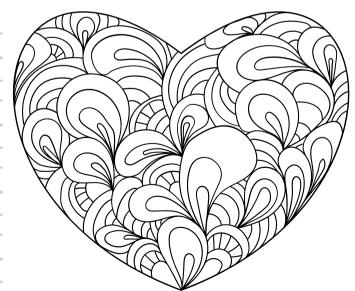




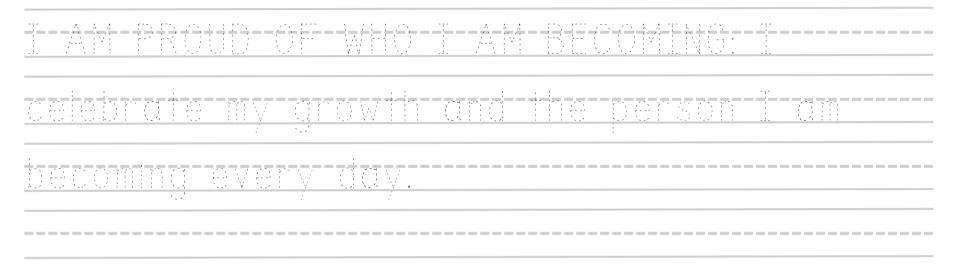
#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #16



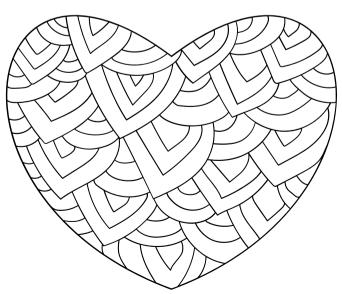




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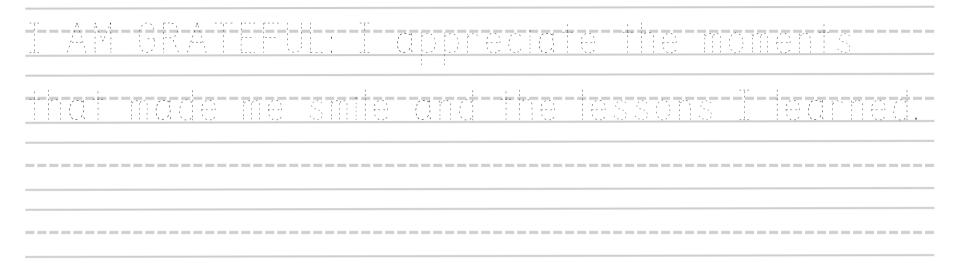
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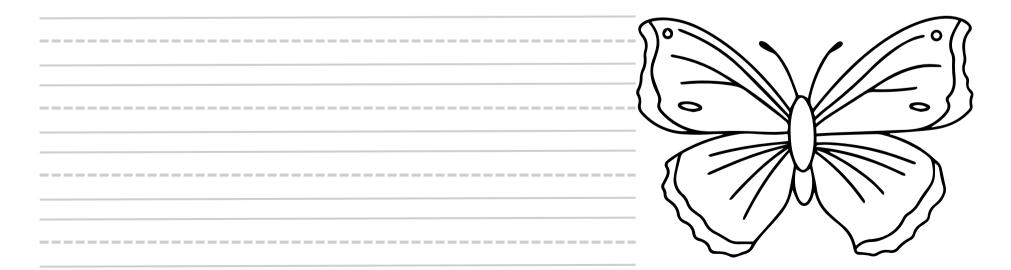
I BELIEVE IN MYSELF: I trust in my abilities
and know I can achieve great things.

PRACTICE TIME! WRITE YOUR OWN POSITIVE AFFIRMATION	PRACTICE	TIME! WRITE	YOUR	OWN POSITIVE	<b>AFFIRMATION</b>
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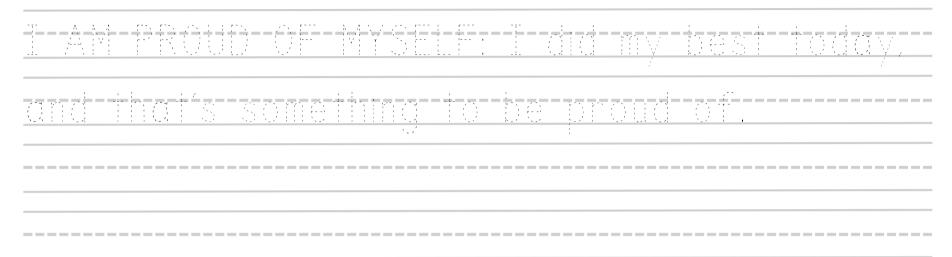



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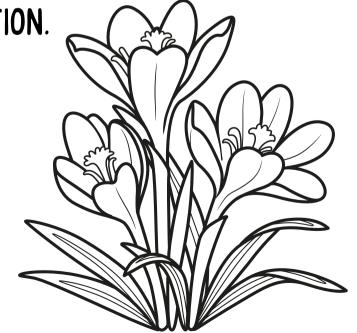




#### POSITIVE AFFIRMATION HANDWRITING PRACTICE #20



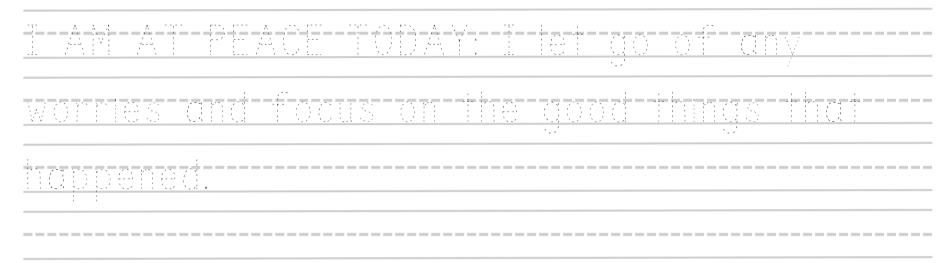




#### **POSITIVE AFFIRMATION HANDWRITING PRACTICE #21**



#### **POSITIVE AFFIRMATION HANDWRITING PRACTICE #22**



PRACTICE TIME! WRITE YOUR OWN POSITIVE AFFIRMATI	ION.	
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	98	120

#### **POSITIVE AFFIRMATION HANDWRITING PRACTICE #23**

I LOOK FORWARD TO TOMORROW: Fomorrow is a new day, full of opportunities and possibilities.

PRACTICE TIME! WRITE YOUR OWN POSITIVE AFFIRE	MATION.

# POSITIVE AFFIRMATION HANDWRITING PRACTICE #24

HAPPRECIATE THE LITTLE THINGS: Today
was filled with small joys, and I'm thankful
for each one.

PRACTICE	TIME! WRITE	YOUR OWN	POSITIVE A	FFIRMAT



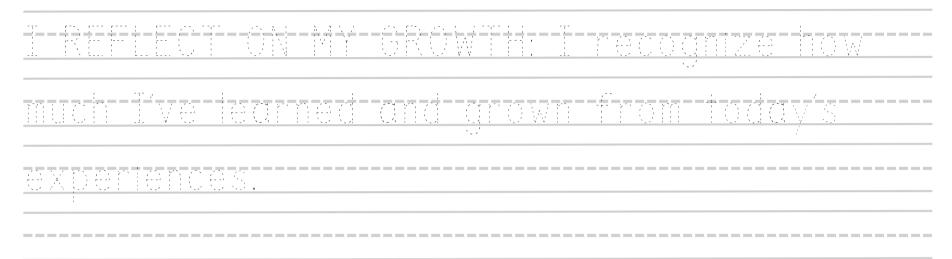
## POSITIVE AFFIRMATION HANDWRITING PRACTICE #25

I AM GRATEFUL FOR MY HEALTH: I appreciate my body and mind for carrying me through the day.





### POSITIVE AFFIRMATION HANDWRITING PRACTICE #26







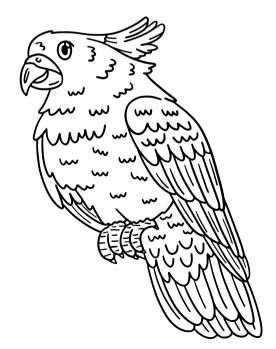
## **POSITIVE AFFIRMATION HANDWRITING PRACTICE #27**

I AM THANKFUL FOR THE LOVE AROUND ME: I cherish the kindness and love from my family and friends.



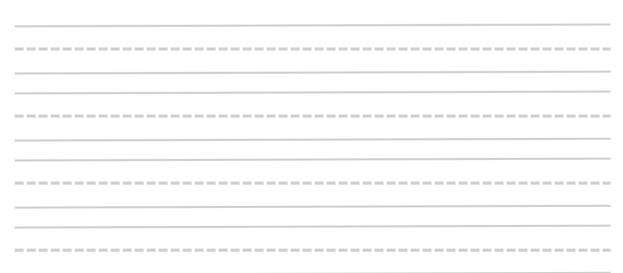

## POSITIVE AFFIRMATION HANDWRITING PRACTICE #28

I AM A 6000 FRIEND: I show kindness, share, and care for others, making me a great friend.

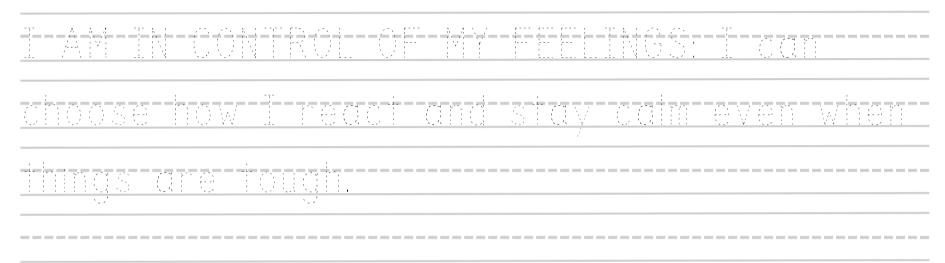
### POSITIVE AFFIRMATION HANDWRITING PRACTICE #29



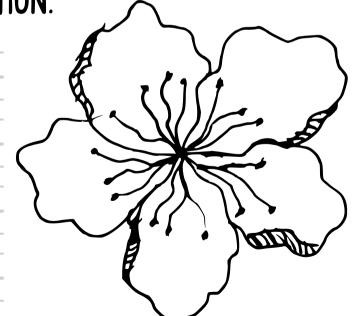




# **POSITIVE AFFIRMATION HANDWRITING PRACTICE #30**



PRACTICE TIME! WRITE YOUR OWN POSITIVE	: AFFIRMATION.



DATE:	DATE:

DATE:	DATE:

DATE:	DATE:

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