

My I AM READY Moments

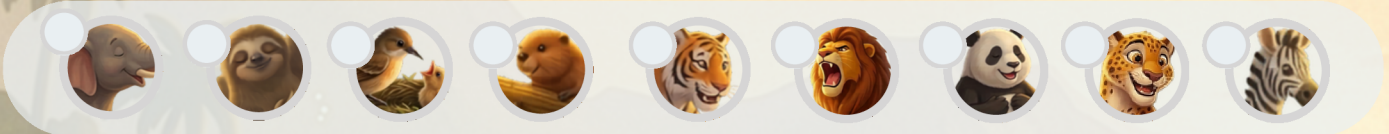
Please fill this in and make it your own.

My Name is:

How many minutes did I calm my mind for?



My favorite animals are:



I am grateful for:

My power words are:

Say these out loud with your hand on your heart.

I am strong.

I am brave.

I get to do this.

..and write your own:

Ready? High five!



My I AM READY Checklist

- ☐ I took 3 deep breaths
- ☐ I said my power words
- ☐ I said thoughts of gratitude
- ☐ I moved my body
- ☐ I gave or got a hug
- ☐ I made art or played today
- ☐ I calmed my mind
- ☐ I ate with my family
- ☐ I did something new
- ☐ I helped someone today