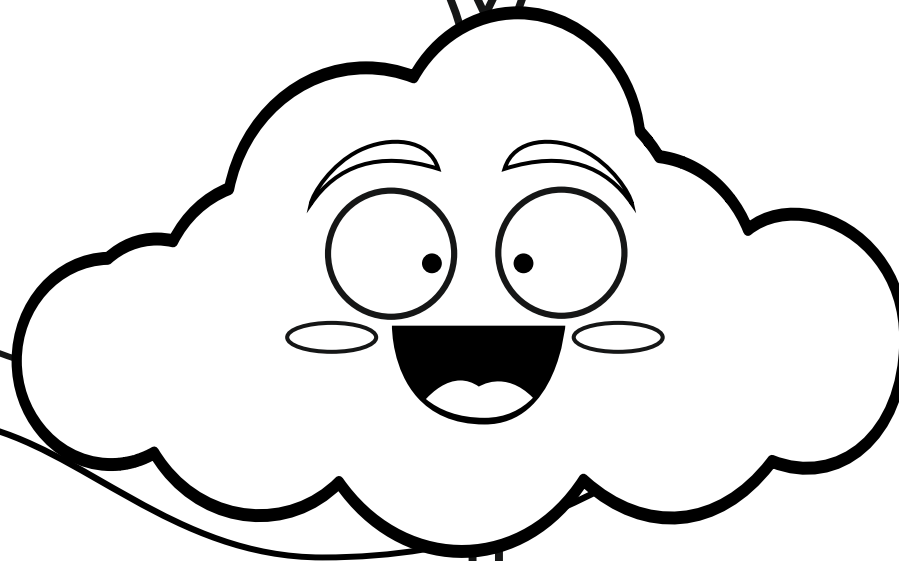


POSITIVE PAL STATION



A POSITIVE PAL is another pretend character that lives in your mind and gives you positive and encouraging thoughts.

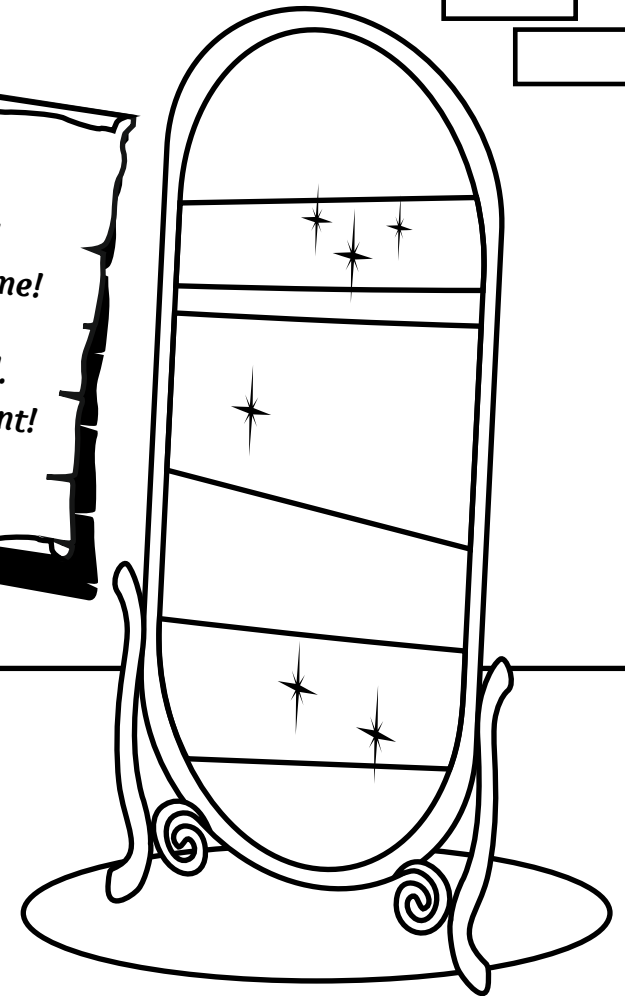
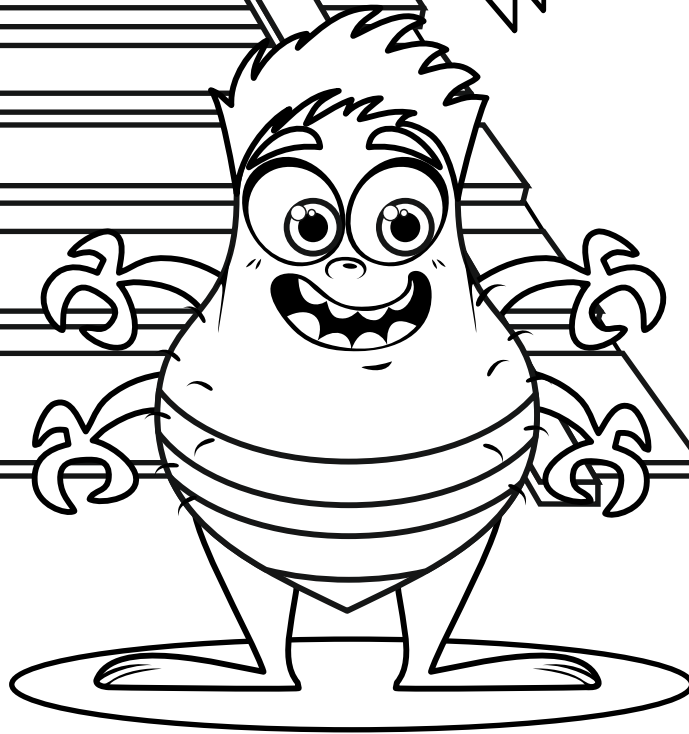
This is Felix's Positive Pal.



POSITIVE PAL STATION

*Draw a picture of YOUR Positive Pal. Give it a name.
What kind and encouraging things does it tell you?*

POSITIVE PAL STATION



You can help your Positive Pal get big and strong by feeding it positive thoughts. When you say these positive thoughts out loud, they're called affirmations. Try saying them every day. Here a few a Felix's favorite affirmations. Can you think of some others? How do they make you feel?