

As long as I stay calm I am in control
I make good choices, I'm a good person
There is no one better than myself
I'm strong, I am always learning
I believe in myself, I can do this
I try the best I can, I've got this
I believe in my goals and dreams

Facing new
challenges with...



confidence and
success!

Positive Self-Talk for Children



For more information about how we work please contact: IF@suffolk.gov.uk

