

When Friendships Go Wrong

“What I Can Do” Mantra

An assertiveness mantra like *“I can say what I feel in a kind and confident way”* is a helpful tool to encourage children to express themselves clearly and respectfully. It encourages children to communicate their thoughts and emotions confidently while promoting kindness in their interactions with others.

Practise our mantra together while standing up in a Power Pose. The Power Pose is a way we hold our body that makes us feel confident and powerful. This is how you do it: Stand with your two feet on the ground with your head up; maintain eye contact with the other person; relax your shoulders.

Design and colour it in!



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