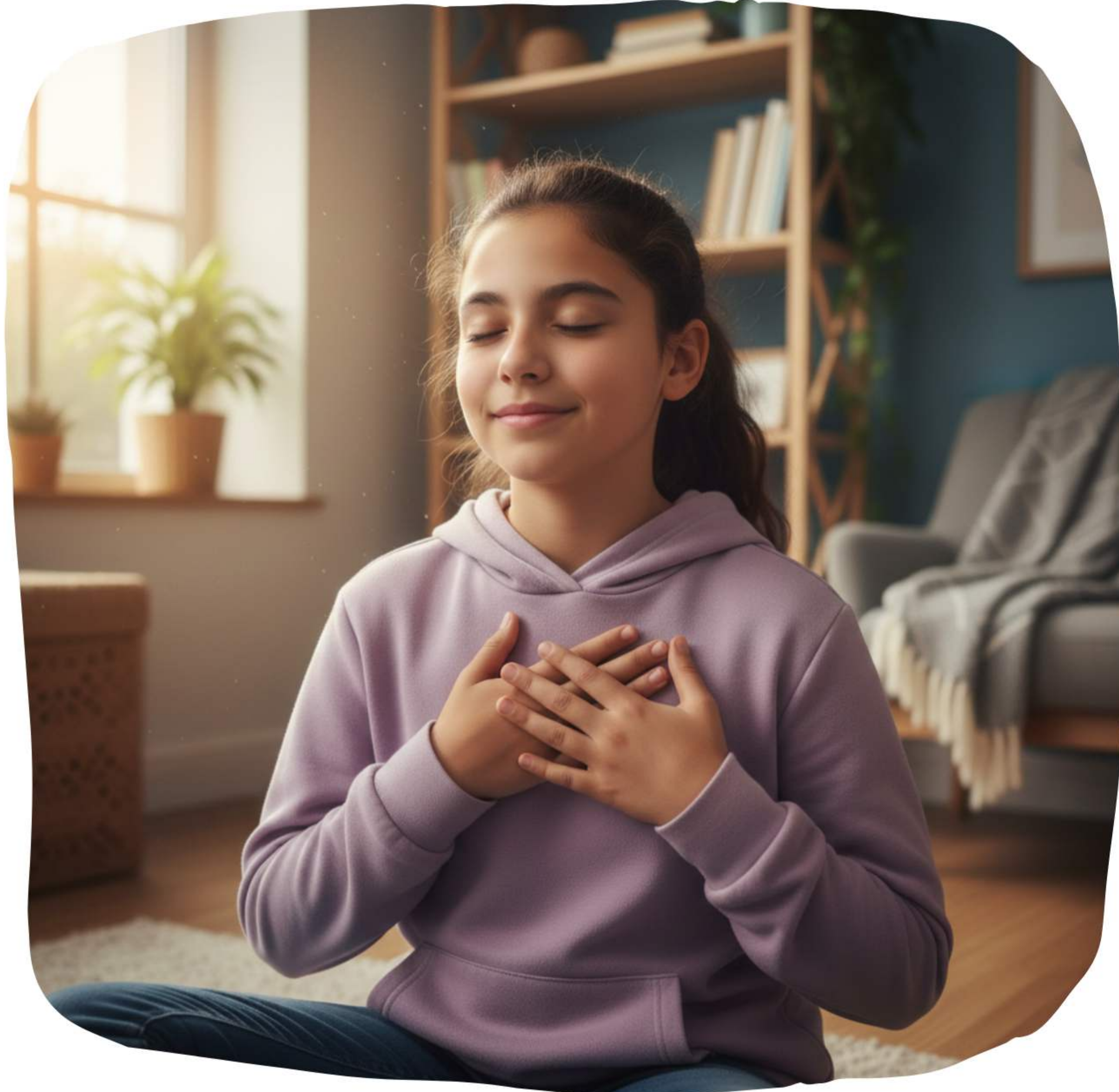




**“I am a person who is learning and growing every single day.”**



**“Some days I feel confident, and other days I feel unsure.”**



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**“No matter how I feel, I can choose to be kind to myself.”**



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**“Accepting myself means liking who I am, inside and out.”**



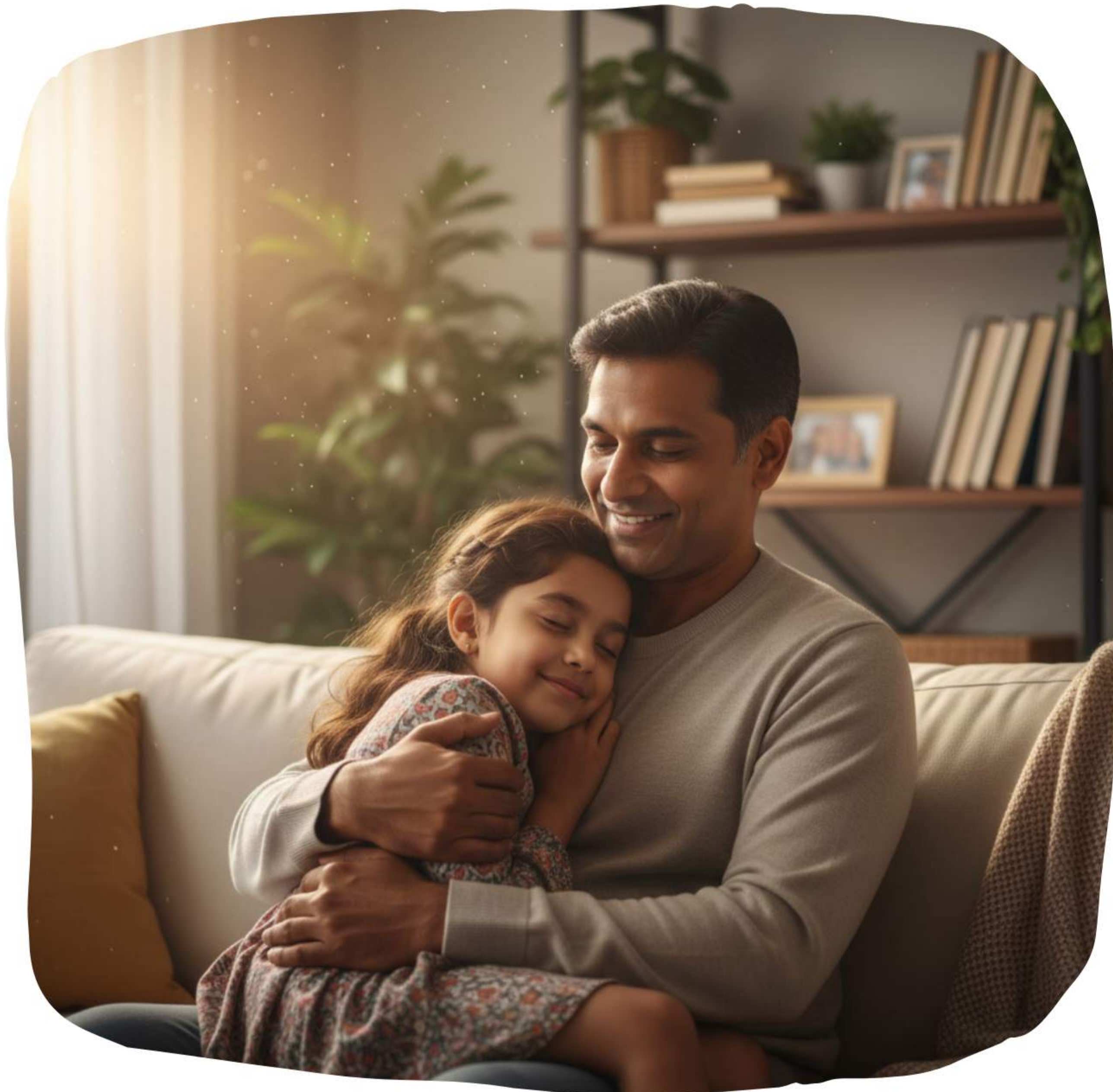
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**“I can accept my strengths—the things I do well.”**



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**“I can also accept the things I am still learning.”**



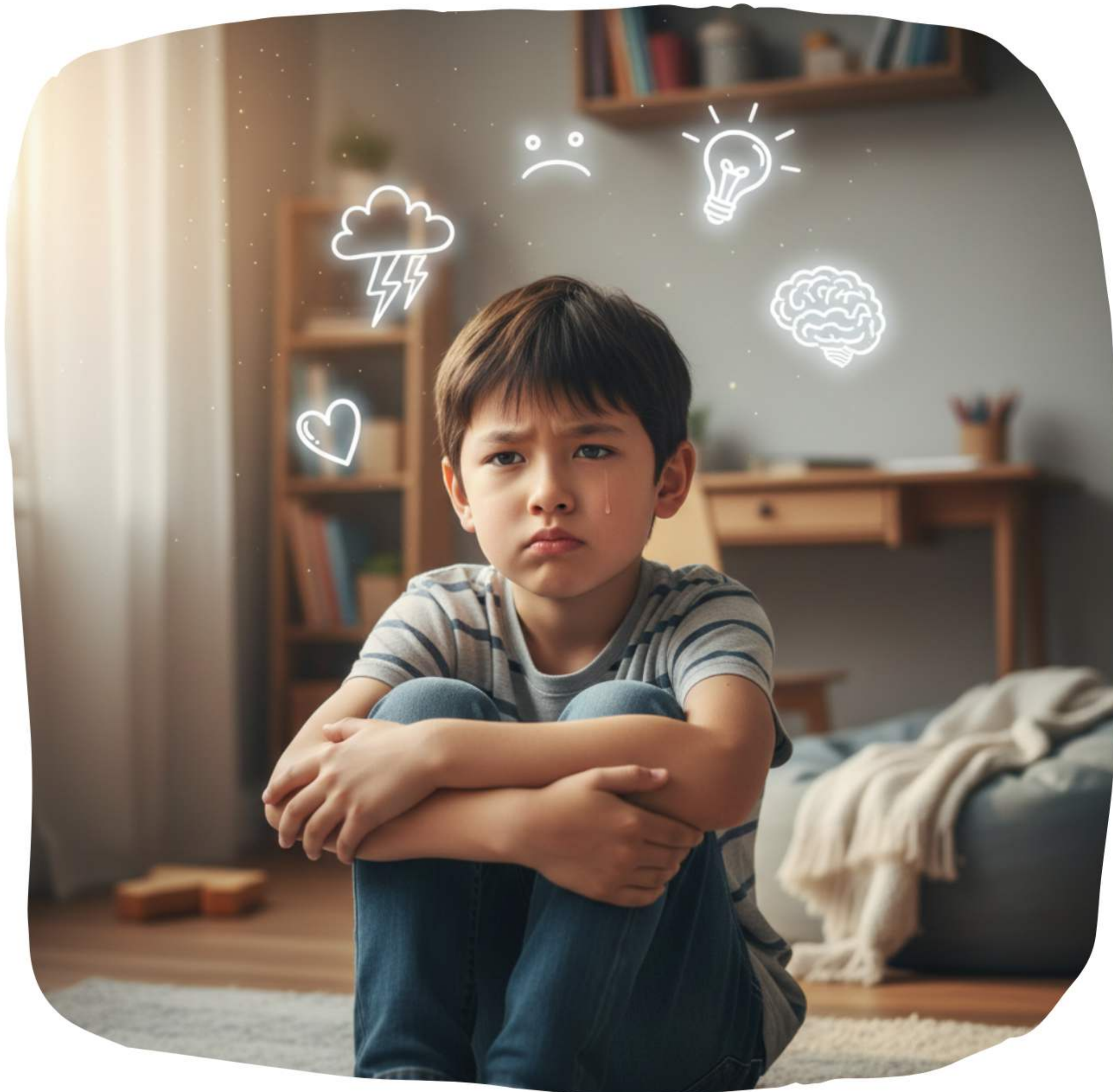
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**“I don’t need to be perfect to be worthy or lovable.”**



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**“It’s okay to make mistakes—they help me learn.”**



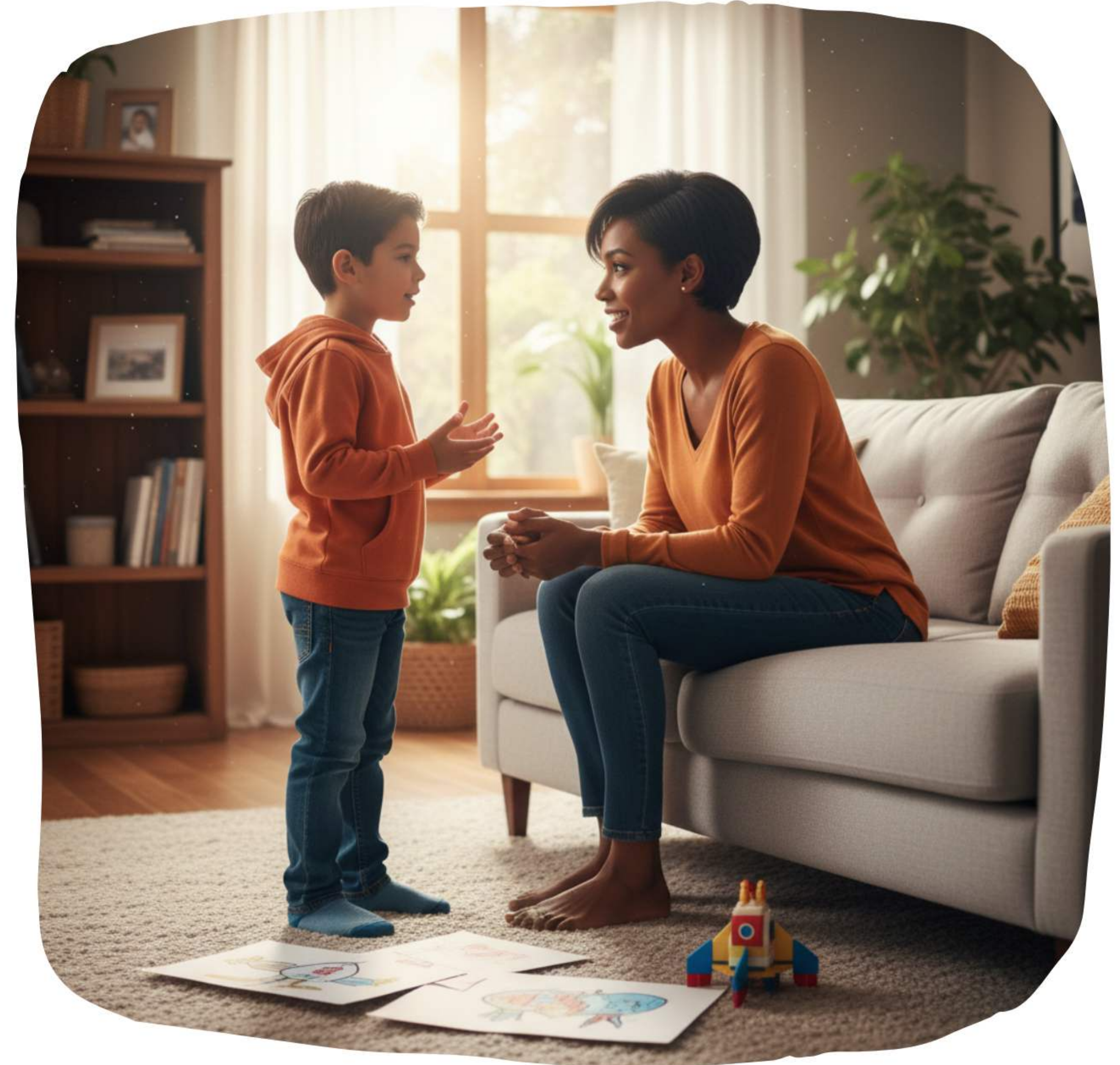
**“It’s okay to have big feelings—they help me understand myself.”**



**“It’s okay to need help—everyone does sometimes.”**



**“It’s okay if I am different from others.”**



**“My voice, ideas, and feelings matter.”**



**“Accepting myself means I treat myself with kindness and respect.”**



**“I can tell myself kind words, like: ‘I am enough.’”**



---

**“The more I accept myself, the more confident and calm I feel.”**



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**“Learning to accept myself helps me grow into the best version of me.”**



# Vocabulary

- **Accept**

A: To like and value myself as I am. (Correct)

B: To wish I were someone else.

- **Worthy**

A: Deserving love and care. (Correct)

B: Someone who must be perfect.

- **Respect**

A: Treating myself kindly. (Correct)

B: Ignoring my needs.

- **Confident**

A: Feeling sure of myself. (Correct)

B: Feeling afraid to try things.

- **Feelings**

A: Emotions I experience inside. (Correct)

B: A list of things I have to do.



# Spellings

A: **Accept (Correct)**

B: **Acept**

A: **Worthy (Correct)**

B: **Worthey**

A: **Kynd**

B: **Kind (Correct)**

A: **Respect (Correct)**

B: **Respekt**

A: **Enuf**

B: **Enough (Correct)**



# Comprehension

- What does accepting myself mean?  
A: Liking who I am, inside and out. (Correct)  
B: Comparing myself to others.

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- Why is it okay to make mistakes?  
A: They help me learn and grow. (Correct)  
B: They mean I am not good enough.

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- How should I treat myself?  
A: With kindness and respect. (Correct)  
B: With harsh words.

---

- Why do my ideas and feelings matter?  
A: They show who I am. (Correct)  
B: They are not important.

---

- What can I tell myself when I feel unsure?  
A: "I am enough." (Correct)  
B: "I must be perfect."



# Open-Ended Questions

- What do you like most about yourself?  
\_\_\_\_\_

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- What helps you feel calm and confident?  
\_\_\_\_\_

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- What is one mistake you learned something from?  
\_\_\_\_\_

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- Who helps you feel accepted and valued?  
\_\_\_\_\_

# Role-Play Activity

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- **Scenario 1**

You make a small mistake. → Practice saying, “It’s okay. I’m still learning.”

- **Scenario 2**

You feel unsure about something new. → Practice telling yourself, “I can try my best.”

- **Scenario 3**

You feel different from others. → Practice saying, “Being different is okay.”

- **Scenario 4**

You talk about your feelings with a grown-up. → Practice saying, “My feelings matter.”