

# My Strong Mind

- How do you feel when things don't work out the way you had hoped?
- What are some ways you can make your mind stronger?
- When you feel upset or anxious, what are some tools you can use to calm down and feel more confident?
- What words can you use to tell others they are being mean or hurtful? If they don't stop, what can you do next?
- What are some things you're good at? What are some things you want to get better at?