THE FAMILY WELLNESS

Words to choose together

School and learning

Choose, change or skip a phrase. Read unfamiliar words together.

01

I can start with one question.

02

I don't need to know everything yet.

03

I can ask for clearer instructions.

04

Learning takes practice and time.

05

I can use helpful classroom tools.

06

One answer does not define me.

07

I can read one page at a time.

08

I can try a different way.

09

My questions are worth asking.

10

I can check my work slowly.

11

I can participate in my own way.

12

I can look at my reminders.

13

I can ask for a break.

14

I can listen before I answer.

15

I can choose a manageable next step.

Print at actual size; cut between cards with adult help. No phrase has to feel right.

Original prompts for conversation, not medical advice. See the companion article.

Words to choose together

Friends and belonging

Choose, change or skip a phrase. Read unfamiliar words together.

16

I can say hello in my own way.

17

I can invite someone to join.

18

I can ask to play together.

19

My interests are worth sharing.

20

I can listen to another person's idea.

21

I don't have to like every game.

22

I can say no to unwanted touch.

23

I can respect someone else's no.

24

I can ask for personal space.

25

Kindness can include a clear boundary.

26

I can find an adult for support.

27

I can enjoy time by myself.

28

Friendship doesn't require being exactly alike.

29

I can tell someone when words hurt.

30

I deserve respectful treatment from others.

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Words to choose together

Mistakes and trying again

Choose, change or skip a phrase. Read unfamiliar words together.

31

A mistake gives me something to examine.

32

I can begin again with help.

33

My first attempt can be unfinished.

34

I can notice what worked today.

35

I can change a plan that isn't working.

36

I can practice one small part.

37

I don't have to rush my learning.

38

Asking for help is an option.

39

I can repair a mistake I made.

40

I can apologize and choose differently.

41

One difficult moment isn't my whole day.

42

I can take time before restarting.

43

I can learn from useful feedback.

44

Progress can include needing support.

45

I can be patient with myself.

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Words to choose together

Feelings and difficult moments

Choose, change or skip a phrase. Read unfamiliar words together.

46

My feelings deserve to be heard.

47

I can name what I'm noticing.

48

I can feel worried and ask for help.

49

I don't have to hide being sad.

50

Feeling angry doesn't make me bad.

51

I can pause before choosing an action.

52

I can ask for a quieter place.

53

I can tell someone what I need.

54

I can use a drawing instead of words.

55

I don't need to force a smile.

56

I can move away from unsafe behavior.

57

I can keep asking adults for support.

58

I can let myself enjoy a good moment.

59

I can notice a feeling without judging it.

60

I deserve care during difficult moments.

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Words to choose together

Bedtime and tomorrow

Choose, change or skip a phrase. Read unfamiliar words together.

61

I can tell someone about today's worry.

62

Rest doesn't have to be earned.

63

I can leave an unfinished task for later.

64

I can ask for bedtime support.

65

I can notice something comfortable nearby.

66

I don't have to solve everything tonight.

67

I can remember one small kindness.

68

I can choose a quiet activity.

69

Today included more than its hardest moment.

70

I can speak kindly about my efforts.

71

Tomorrow can include a different approach.

72

I can prepare one thing for morning.

73

I can ask questions about tomorrow's plans.

74

I can rest without reviewing every mistake.

75

I deserve kindness at day's end.

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