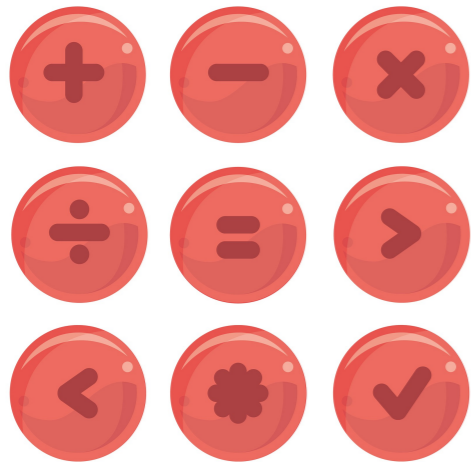
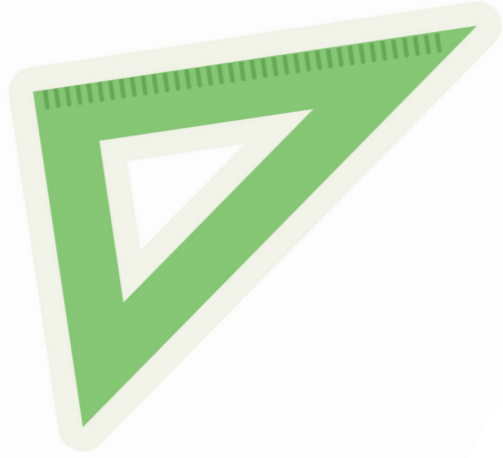




**I CAN DO
HARD THINGS**



Sometimes, I do things that are hard for me.



When something is hard for me, it might make me feel frustrated or upset.



It might help me to take a deep breath.





It might help to tell myself, "I can do hard things."

When something is hard for me, I can try my best.





I can try to think about my brain growing... because I am learning!



Doing hard things might make me feel proud.