

My Coping Cards



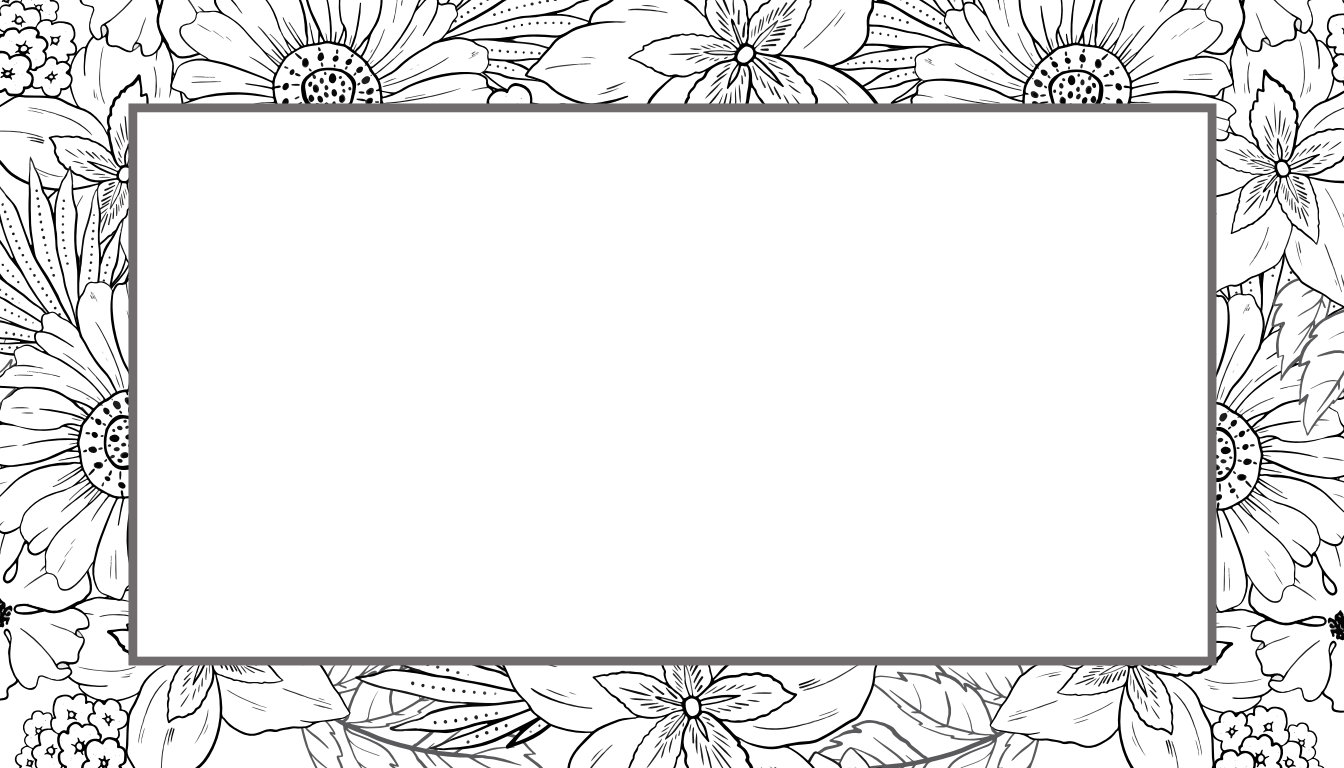
My Name Is:

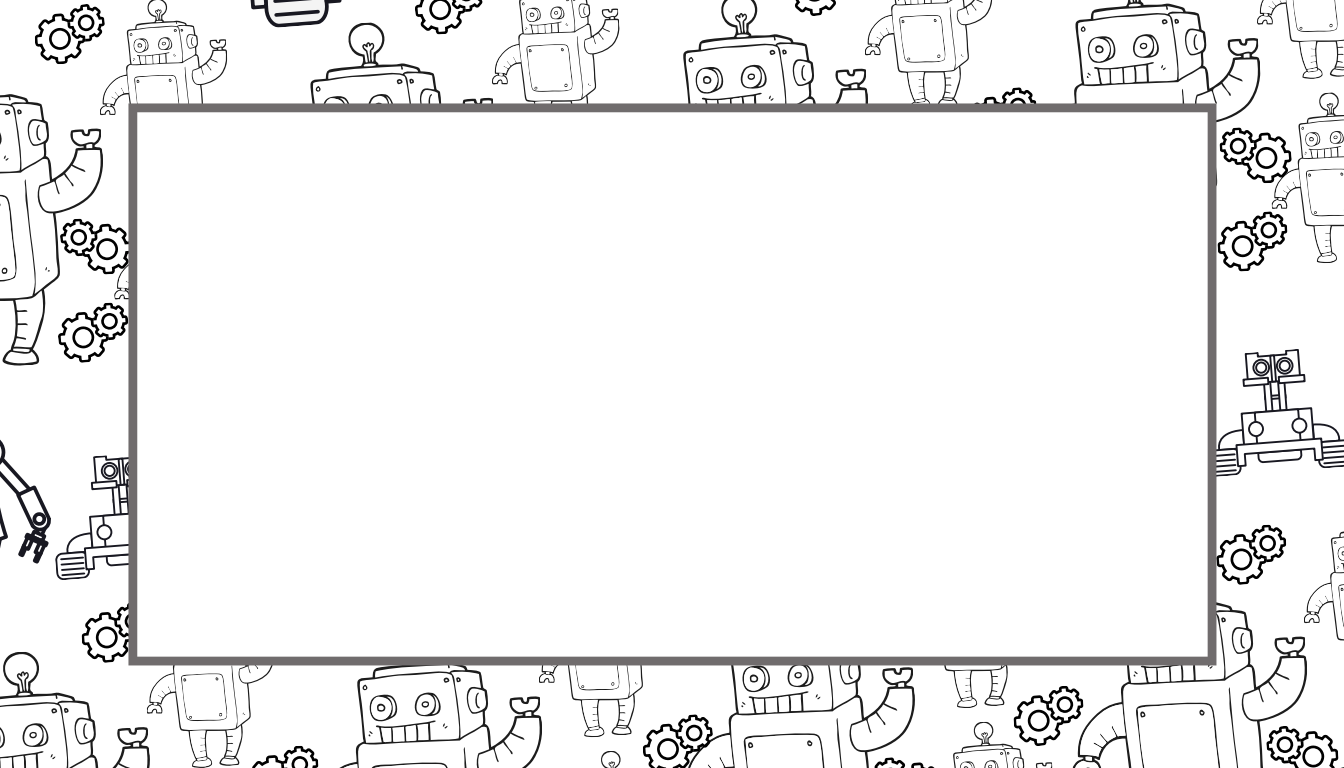


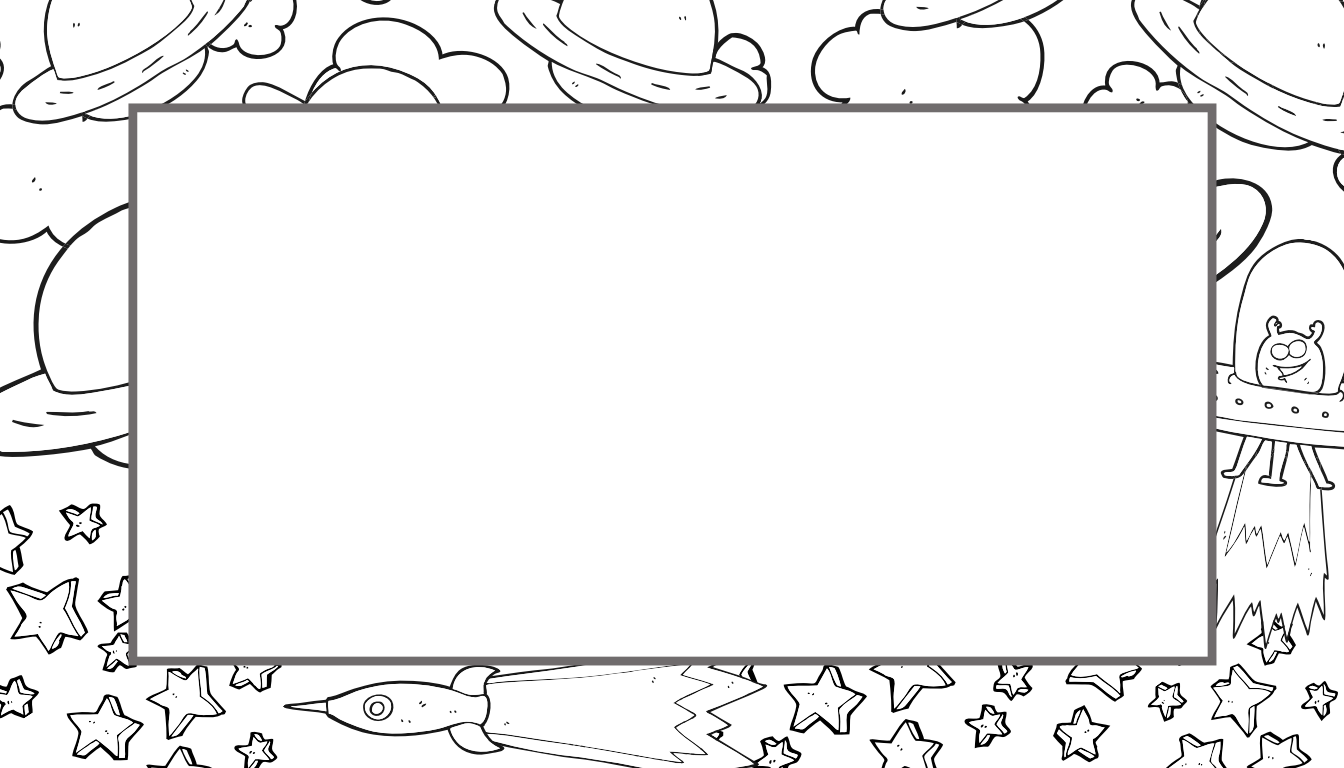
EPILEPSY
Toronto
See the Person

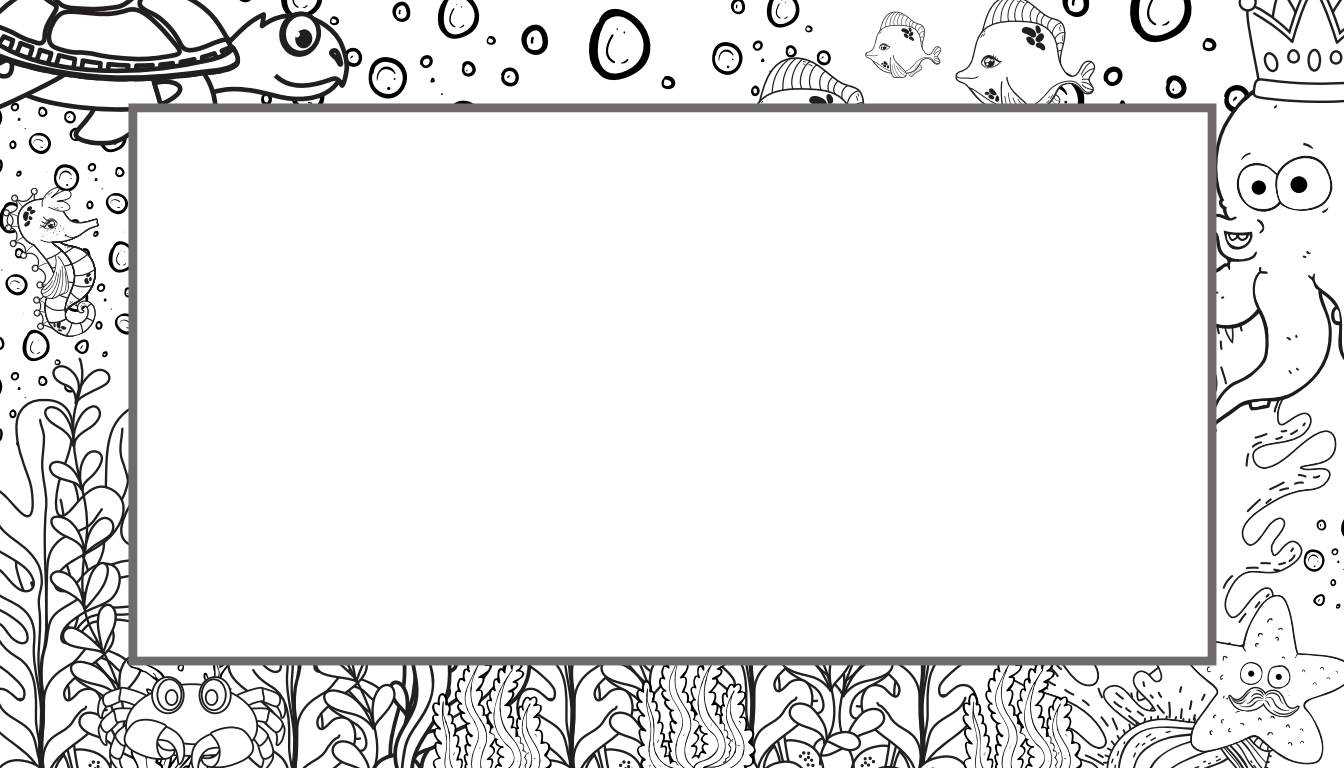
Teaching
Awareness
through **Puppetry**

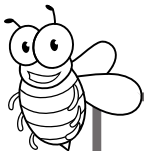
Planting the seeds of acceptance™

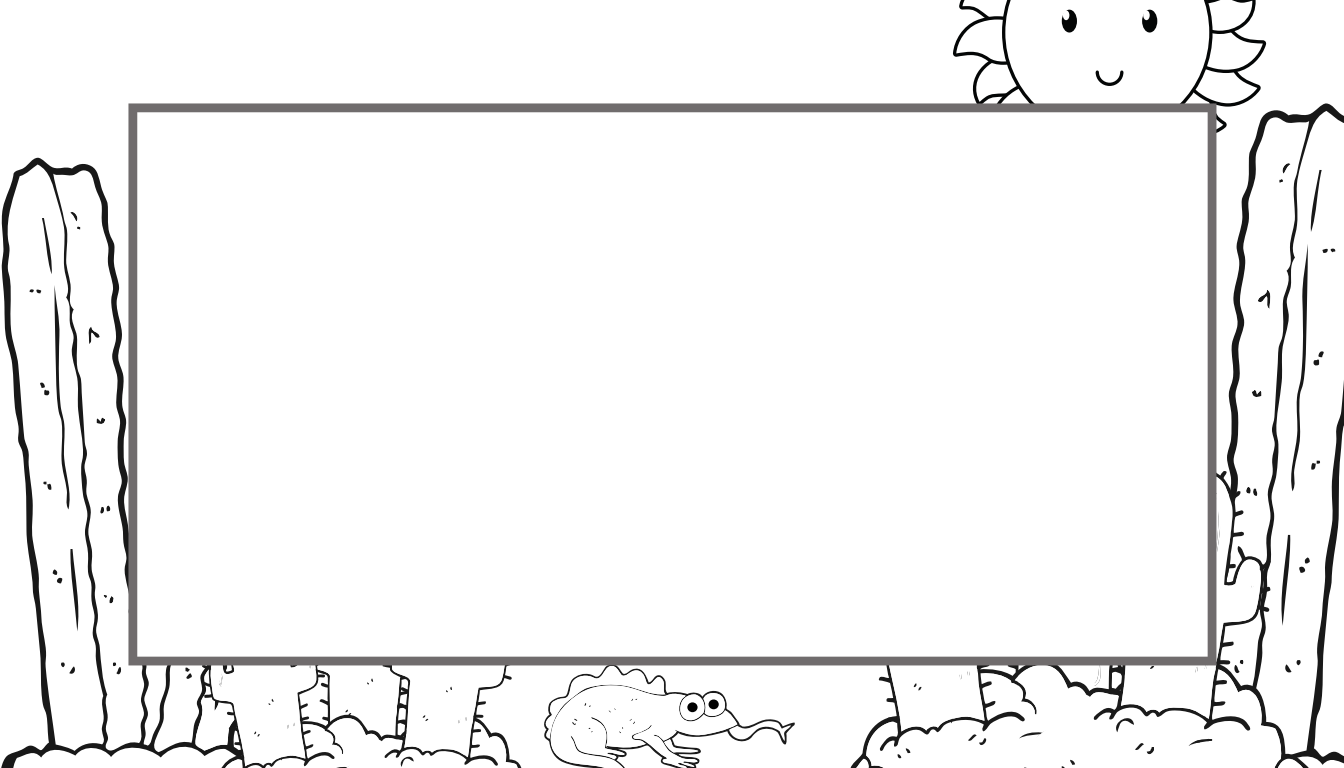


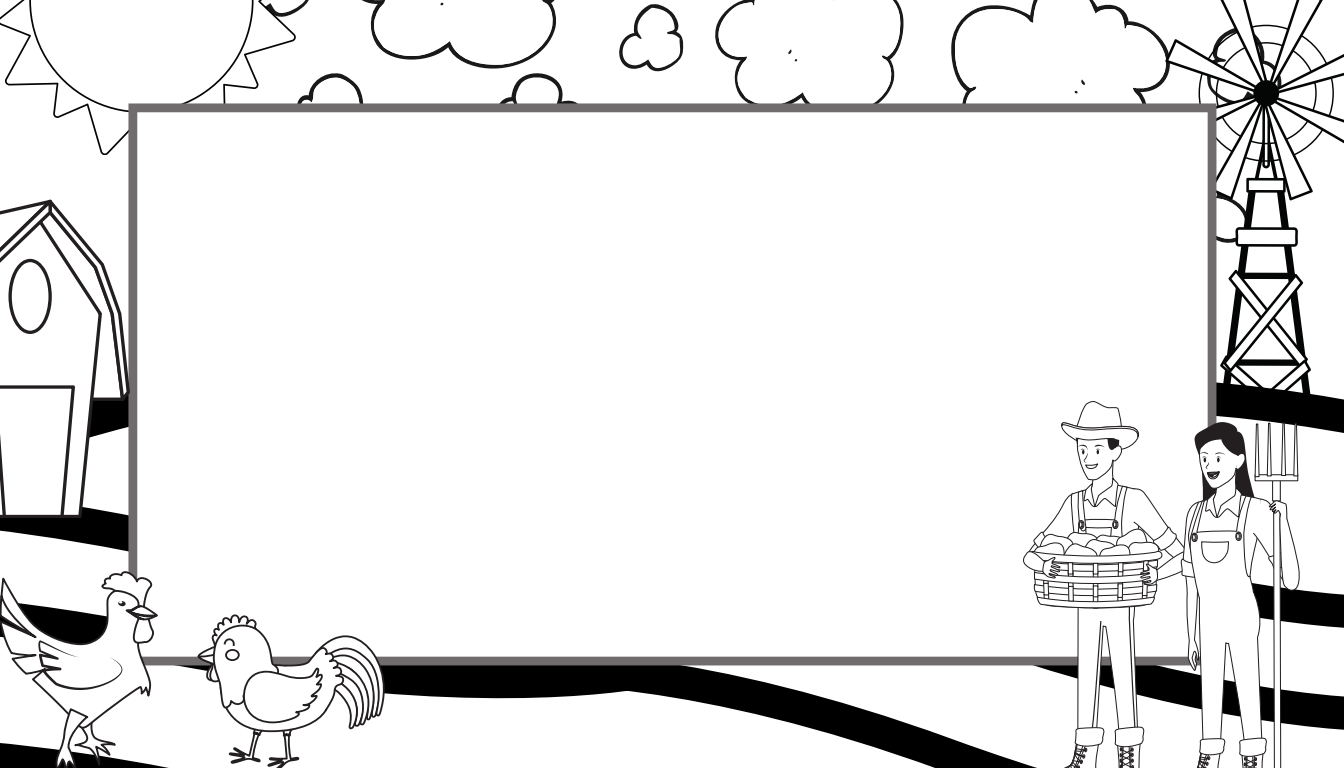
















★ Some Positive Thoughts 💡

I Deserve To Be Loved

I Am Proud Of Myself

I Can Make A Difference

 I Am Enough

My Challenges Help Me Grow

I Can Control My Own Happiness 

I Matter 

It's Okay To Not Know Everything 

 I Can Make A Difference 

My Positive Thoughts Make Positive Feelings

 Anything Is Possible

I Am Strong and Determined

 I Am Working On Myself 

I Give Myself Permission To Make Mistakes

 I Trust My Decisions

 I've Got This

I Believe In Myself 

I Only Compare Myself To Myself 

Every Day Is A Fresh Start

My Mistakes Help Me Learn
 And Grow 

I Am Strong and Determined

 I Can Do Anything
I Put My Mind To

I Am Open And Ready To Learn

I Can Take Deep Breaths 