

WHEN SCHOOL FEELS HARD

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HELPFUL THOUGHTS

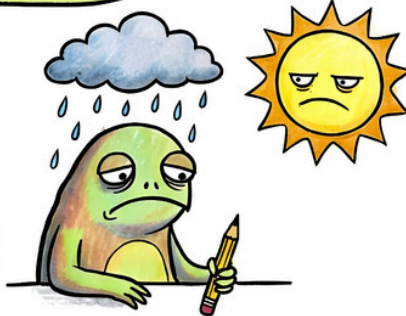


I don't have to like school to get through the day.

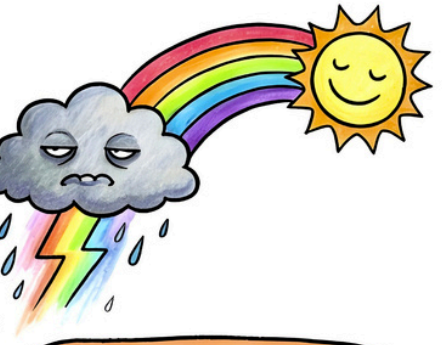


I can feel nervous and still go to school.

The morning is often the hardest part.



I only need to focus on the next small step..



I can ask for help if I need it.



I have handled hard days before.



My feelings are real, but they will pass.



I can take one lesson at a time.



I only need to try today.



I can find one small good thing in my day.



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