

PEANUTS®

TAKE CARE OF YOURSELF

JUST BREATHE



Even the most ordinary tasks can feel difficult or impossible when we feel overwhelmed. Affirmations and phrases as simple as “Just Breathe” can serve as helpful reminders to stay grounded and calm in times of stress.

This activity is a great way to reflect on stressful moments and how to approach these emotions with positive affirmations!

Share your affirmations on social media!

#TakeCareWith Snoopy | @snoopygrams | @Snoopy

GET STARTED!

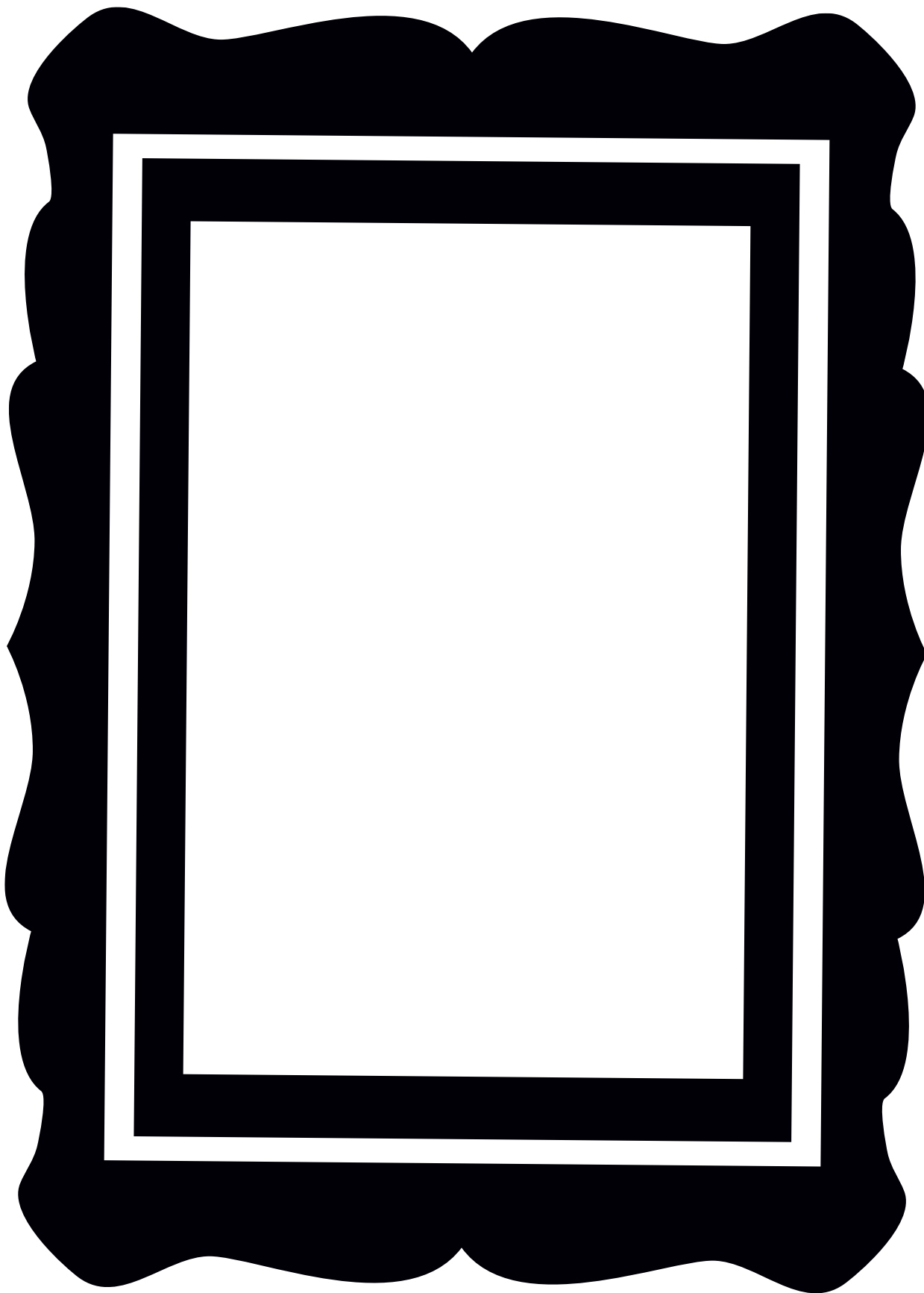
Instructions:

1. Take a moment to reflect on a time when you were feeling overwhelmed, frustrated, angry, nervous, or unsure of yourself. Looking back, what is one thing you wish you could have told yourself in that moment to feel more relaxed, calm, and confident?
2. Next, think of a phrase that encapsulates the essence of what would have made you feel better in that moment. It can be as simple as “Just breathe” or “Take a break.” It can also be something that affirms your strength like “I am brave” or “I can do this.”
3. In the frame provided on the next page, write your phrase. Make it big and bold!
4. Then, decorate your phrase so you feel joy when you look at it—use the cutouts provided and get creative with markers, crayons, paint, and stickers!
5. Finally, hang your frame where you will see it every day and be reminded of your affirmation to feel calm, focused, and confident!



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AFFIRMATION FRAME

Below are various Peanuts cutouts you can color in and add to your frame!

