

im
healthy

Lesson 4: What To Do When You're Nervous - Power Thoughts

Put a check next to the thoughts that can help you feel more confident.

Put a big "X" through the thoughts that will make you feel more nervous.

~~Oh, no!
What if I fail
this test?!~~

Yes, I can!

I'll just give
it my best.

I'm ready for
this test.

What if I make
a mistake?

I can't read
in front of the
whole class!

I'm going to
give this a try.

I'm not going
to let nervous
feelings stop me.

I know this song
by heart. I'm
ready to sing it.

My teacher thinks
I can do this.

What if they
laugh at me?

What if my team
loses because
of me?!

I'm steady
and ready.

What if I forget
the words to
my song?

If I don't make it
this time, I'll make
it next time.

I'm no good
at giving book
reports.

It's OK if I
make a mistake.

I'm going to
mess this up.

I know I
can do this.