

# Peachy's Pick-Me-Up Grams!

Peachy loves positivity, and knows that it's important to remind friends AND ourselves of how great we are. Use the pick-me-up grams below to spread positivity, like Peachy!

- 1. Write a thank you note to a teacher**
- 2. Look in the mirror and say: "I am awesome! Repeat!"**
- 3. Tell a classmate why they're a great friend**
- 4. Think of something that's hard to do. Say to yourself: "I can do it!"**
- 5. Share a book with a friend, and tell them why you liked it**
- 6. Write a note to a friend saying how much you appreciate them**
- 7. Do a chore at home, without anyone asking you to**
- 8. Give a friend a list of 5 things that you like about them**
- 9. Write a list of 5 things that you like about yourself!**
- 10. Think of a time that you learned from making a mistake. Congratulate yourself for learning that lesson!**

