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. Congratulate a classmate after they did a great job on a test
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!