





2024 . FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 I am charming	2 I am lucky	3 I am happy	4 I am calm
5 I am helpful	6 I am friendly	7 I am amazing	8 I am strong	9 I am brave	10 I am caring	11 I am super
12 I am thoughtful	13 I am fabulous	14 I am loved	15 I am brilliant	16 I am special	17 I am fantastic	18 I am relaxed
19 I am wonderful	20 I am positive	21 I am terrific	22 I am incredible	23 I am grateful	24 I am confident	25 I am joyful
26 I am great	27 I am funny	28 I am marvellous	29 I am kind			

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Help your child:
Relax and be calm
Feel confident
Focus and concentrate
Be imaginative
Develop creativity
Sleep better

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A selection of calming audios, visualisation stories and affirmation tools for children of all ages.

www.relaxkids.com

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ChargeUp!

Training for those who want to make a difference to young people!

www.letsgetcharged.com

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