

My Words My Choice

Fill these cards with helpful words or symbols. Pick the ones that feel right for you. You may like to draw or write your own. Once you have finished you can cut the cards out and attach them to a lanyard or card holder which you or your adult could wear or have in a safe place. You could also use the Helpful Strategies deck support with this activity

Yes	No	Maybe	Not yet
I need help	Write it down	Ask me later	I need a break