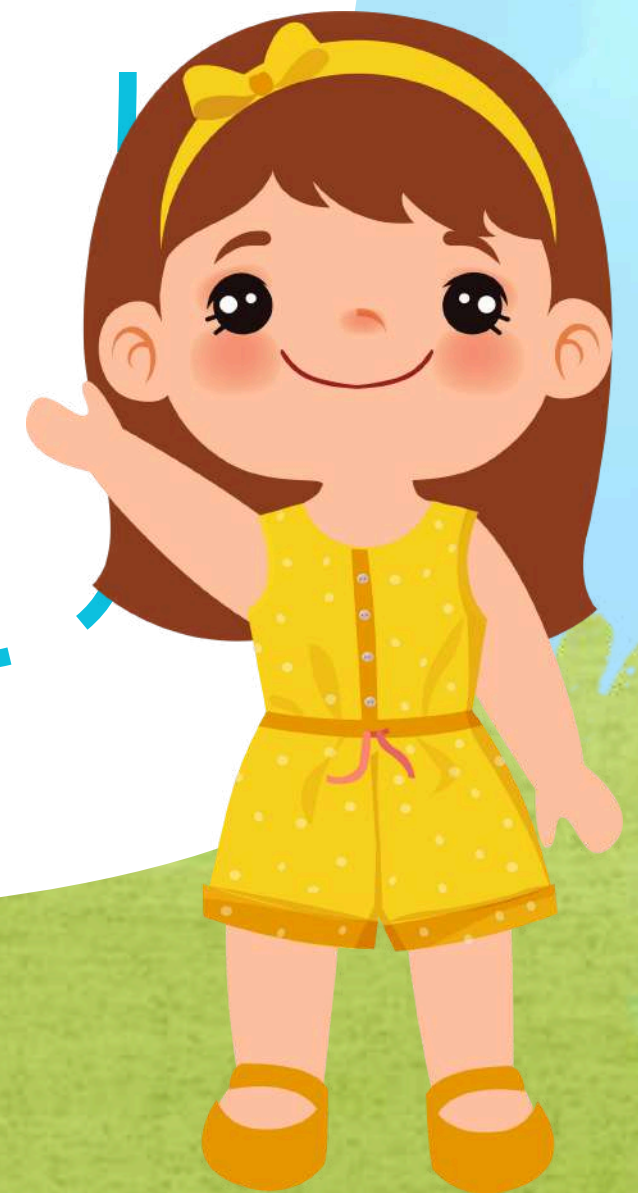


How to Use

- You can print out the pages for your child, or have them read our social story on a tablet, phone, or computer. Use whatever works best for your child!
- Use roleplay or provide specific reinforcements to help your child practice the skills in this social story! For example, if your child is struggling with confidence, have them fill out the fill-in-the-blank portions of this book.
- This social story is part of our series on holidays. You can find the rest on our website: <https://www.speechandaba.com/>

I Love Myself!

Essential Speech & ABA Therapy





I love myself!

And I think you'll agree: there are so many things to love about me.

I like my hair and my bright colored eyes. I like my smile and how I'm so wise.





What do you like about yourself?





I'm so talented.

And it's plain to see! There are so many things to love about me.

I love to color, dance, and play.
I have fun with my family every single day!





What are your talents?





Somedays, I feel down

and that's okay! Here's what to do when you have a bad day.

You take three deep breaths and hold them in. Breathe out slowly, and start again!





When you feel down

go outside and play. The sun is guaranteed to brighten your day!





What do you do when you're sad?





I love myself.

And you should, too!

Let's all be happy, through
and through!



The End!

