

Reinert Bärchen

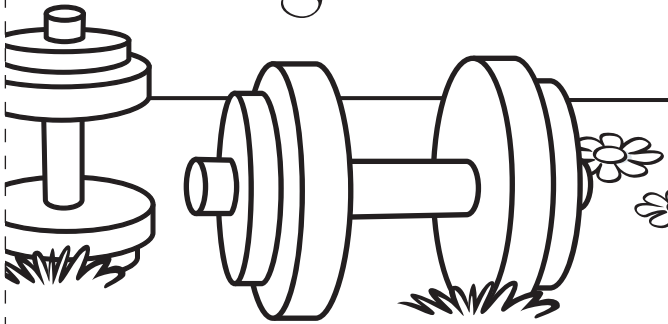
We all have thousands and thousands of thoughts every day - unfortunately not all of them are positive. A good thought is followed by good feelings! For this we have put together some strong "lucky phrases" which, if repeated regularly, gradually pass into the subconscious and thus strengthen you.

1 Color the cards in bright colors and cut them out along the dotted line.

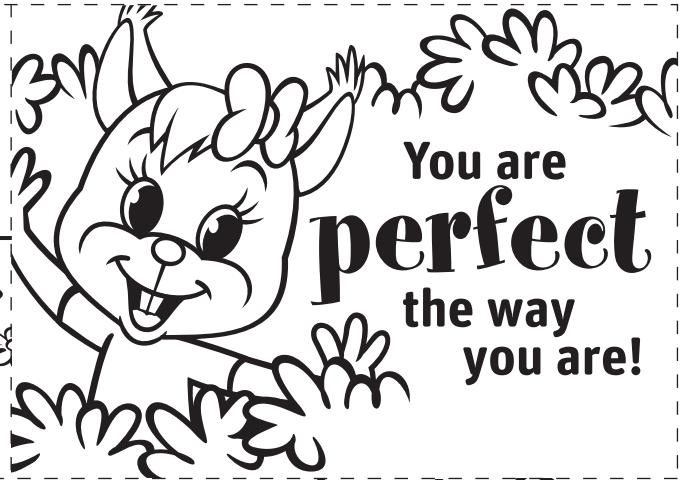
2 Now you can repeat the strengthening sentences together with your parents, e.g. as part of the going to bed ritual.



You are
strong as a bear!



You are
perfect
the way
you are!



You can make
mistakes!



Be
proud
of yourself!



You are
loved!



You can do
everything!

