

3 Friendly Wishes



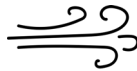
1. How do you use 3 Friendly Wishes?

Practice, then draw a picture of yourself using it!

1. Think of 3 Friendly Wishes to share with someone.	
2. Write or draw these wishes on a piece of paper.	
3. Share your 3 Friendly Wishes with that someone.	
4. Notice how each of you feels.	

2. How do you feel after using 3 Friendly Wishes?

Circle the cloud that best matches.



3. When could you use 3 Friendly Wishes to help you feel your best self?

Draw or write your ideas.