Choosing my Sunshine behaviour

be friendly    kind
responsible    honest
fun

what kind of person do I want to be?

listen

think of others

What will happen next?

Is what I'm doing getting me what I want?

self-evaluate

healthy self-talk

make healthy choices

be proud of your achievements
Being Sunshine friends with yourself

believe in yourself
be confident
encourage yourself
listen
value yourself
fun
accept compliments
be your own best friend
self-evaluate
be yourself
healthy self-talk
make healthy choices
be proud of your achievements
Sunshine friends

einvite to join in
be friendly
encourage
play
forgive
explain
listen
give compliments

help
share
work things out
be yourself
ask questions
talk
trust