



Pawsitive Pup Talk

30 Mirror Affirmation Cards



Little Life Lessons • Big Life Skills



Scout

Pawsitive Pup Talks

A Note for Grown Ups



Einstein

Cranium Critters™ uses the metaphor of the safety pup and wise owl to help children understand the brain’s fight, flight, or freeze response. The brain’s amygdala acts like a safety pup, or guard dog, as it watches out for danger and regulates the brain’s emotional state. In the case of real danger, The Cranium Critters™ safety pup, named Scout, barks out orders to fight, run away, or freeze so that we can stay safe. But sometimes Scout overreacts, and we become anxious or angry when the problem is actually small and easy to handle. There are things we can do to pause and tame our brain’s safety pup so that we can respond appropriately.

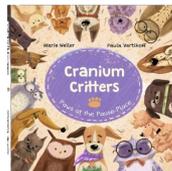
The video, [“Your Cranium Critters: What’s Going On Inside Your Brain”](#) found on [Cranium Kids Media YouTube Channel](#) provides an introduction to help children understand the brain’s response to stress and how to manage emotions that feel big and overwhelming.

This packet includes different mirror image self-affirmation statement cards to help remind you of your strengths when you need to give yourself a “Pup Talk” and get through big emotions. It is a good idea to give yourself a “Pawsitive Pup Talk” each morning to start your day on the right foot.

Check out our Cranium Kids Media book, lessons, videos, and activities at:

[Craniumkidsmedia.com](https://craniumkidsmedia.com)

or by using:



Marie Weller and Paula Vertikoff

<https://craniumkidsmedia.com>

Illustrations by Marina Halak

<https://wonderl.ink/@marinahalak>



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Mirror Affirmations



Einstein

Sometimes we need a reminder to know how wonderful, strong and capable we are, especially when we are having a bad day. You can't always rely on others to pick you up and give you the pep talk you need, so give one to yourself.

We call self-affirmations "Pawsitive Pup Talks". The following 30 easy reader cards are written using mirror images. They are designed to be used while you are looking at yourself in the mirror to reinforce that what you say is about you. Read the cards out loud and with conviction. Repeat it as many times as you need to. We have included two blank cards so that you may add your own phrases. You don't need to wait until you need a Pawsitive Pup Talk. It is a great idea to begin your day with a Pup Talk as well.



Marie Weller and Paula Vertikoff
<https://craniumkidsmedia.com>
Illustrations by Marina Halak
<https://wonderl.ink/@marinahalak>

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HALAK

ILLUSTRATION



I am kind!



I am doing the



best I can!



I help other
people!



I like me!



I try hard!



I am loved!



!bneir? boog



!trams ms I



I am happy!



I matter to
others!



I keep going!



I am praying!



My feelings
matter!



I am proud
of myself!



I can do hard
things!



I can do it!



I am fun to
be around!



I have a pig
I heard!



I believe in
myself!



It's okay to take
things slow!



I am perfect
the way I am!



I ask for help!



I do the right
thing!



I am needed!



I am a leader!



I am honest!



I don't give up!



I have good ideas!



Today will be
great!



I can stay
calm!







Scout



Einstein

Thank you!

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This packet is based on Social Emotional Learning (SEL) research and is a companion piece to the Cranium Critters™ book titled *Cranium Critters: Paws At The Pause Place*.

Check out our Cranium Kids Media book, lessons, videos, and activities at:

craniumkidsmedia.com

or by using



These activities may be used to supplement the book or used independently. It has been designed for children, teachers, counselors, and parents.



HALAK

ILLUSTRATION

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