Today is a good day to...

Be kind • Smile • Raise your hand • Play

Laugh • Try again • Ask a question

Get outside • Relax • Say “thank you”

Be proud • Say you’re sorry • Work hard

Read a book • Stretch your imagination

Listen more closely • Try something new

Help someone • Be grateful • Share

Think twice • Practice • Make a friend

School Psychologists:
Helping children achieve their best.
In school. At home. In life.

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