

# Instructions:

1. Cut out the backpack
2. Cut along the zippers of the backpack to create an opening in the backpack
3. Glue the edges of the backpack onto a piece of paper so it can hold the slips of paper you put in the zippers. Cut the extra away from the edges.
4. Cut out the qualities
5. Write down any additional, helpful qualities your child wants to have or already has
6. Demonstrate that you can have these qualities to help you overcome challenges at any time by putting them in the backpack.



# I am resourceful:

I come up with quick and clever ways to deal with difficulties

# I am courageous:

I do what I think is right even if it is uncomfortable

# I am kind:

I am friendly toward myself AND others in the way I think and speak. We both matter.

# I am creative:

I use my imagination to come up with solutions

# I am smart:

I am capable of intelligent action

# I am a problem-solver:

I focus on solutions that help me get results that are good for me

# I am honest:

I tell the truth to myself and others without taking responsibility for how they choose to feel about what I say

What qualities do you want to keep in  
your backpack?



A large rectangular area defined by a thick dashed line, intended for writing the first answer to the question.

A second rectangular area defined by a thick dashed line, intended for writing the second answer.

A third rectangular area defined by a thick dashed line, intended for writing the third answer.

A fourth rectangular area defined by a thick dashed line, intended for writing the fourth answer.