

Exercise Cards 7.1.1b (2): "Petal Card Statements"

These are to be printed out and cut; and preferably stuck on cards which can be laminated. The teacher may print this out a second version for his/her own reference. Its best you write a discrete code on the back.

If a friend is upset, I talk to them	I care about everyone
I share things with my friends	I think about how others feel
I listen carefully to people	If friends are stuck with their work, I help

<p>I am mindful</p>	<p>I enjoy yoga and meditation</p>
<p>I do my best at school</p>	<p>I am on time</p>
<p>I am careful about things</p>	<p>I am patient</p>

I am polite	I am well behaved
I am careful with school property	I treat everyone as if they are special
I see something special (sacred) everywhere	I respect all other people, living beings and nature

I don't lie

I am honest

I keep my promises

I am trustworthy

**I stick to my values,
even if it is difficult**

**My actions match my words
and my beliefs**

I learn from my mistakes

I am confident

I am optimistic

I take risks

**I do things that
frighten me**

**I am not afraid
to ask questions**

<p>I say 'thank you'</p>	<p>I am happy with what my life gives me</p>
<p>I am thankful for the beauty of nature</p>	<p>I really appreciate having good friends</p>
<p>I think my parents are kind to look after me</p>	<p>For me, life is a celebration (for what we have been given)</p>