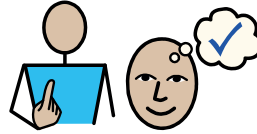


# Healthy ME... 1



## Self-belief



- believe I can do it if I try



- think I can improve with practice

# For example



In PE...



I can balance if I concentrate.



In school...



I will improve my writing if I practise.



In life...



I can make a drink if I take my time.