



Bring a High 5!



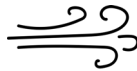
1. How do you use Bring a High 5?

Practice, then draw a picture of yourself using it!

1. Notice when someone does something you appreciate.	
2. Work together to make a special High 5!	
3. Bring your High 5! to show you appreciate them.	

2. How do you feel after using Bring a High 5?

Circle the cloud that best matches.



3. When could you use Bring a High 5! to help you feel your best self?

Draw or write your ideas.