

# Make Your Own My Mantra Poster

A mantra is a word or phrase we say to ourselves to help us feel loved, confident and strong. An example of a mantra is 'I will be okay and get through today.'

What you need:

- Paper
- Coloured pens or pencils (or paint and glitter!!!)
- A little bit of imagination



To make your poster:

- Think of some words that make you feel strong, free and confident. List your words here.
- Choose your favourite words (3 at the most) and circle them.

Can you think about how you can use these words in a sentence to come up with your own mantra?

Here are some tips for writing your own mantra:

- Aim to make it short, catchy and easy to remember
- A good mantra will help you feel calm
- It is YOUR mantra – it does not have to work for anyone else
- Test it out a few times and see how it feels
- Have fun with writing your own mantras

Now you have your very own mantra, close your eyes for 1 minute while you think about it and notice what images come into your mind.

These images and pictures in your mind can help you to design your poster.

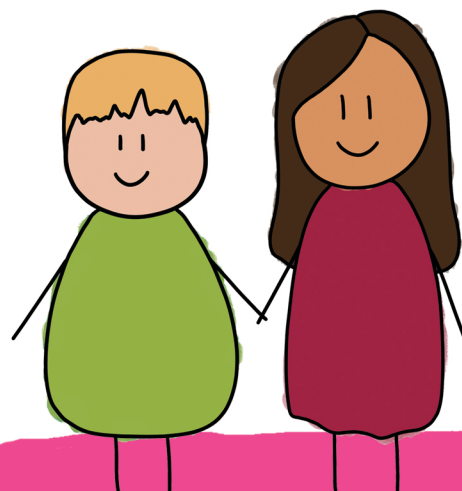
You might want to write your mantra at the top of your page or in the middle in nice big writing.

Then you can draw all the pictures that add to your mantra, and leave you feeling strong and confident.

Good luck with your poster!

I would love to see them. You can email me [worryrhymes@mail.com](mailto:worryrhymes@mail.com) or you can tag me on social media so I can see them!

There is a spare sheet attached to design!



Make your own Mantra.