

The Good Egg ~Self Care and Positive Affirmation Surprise!

Inspired by "The Good
Egg" by Jory John and
Pete Oswald



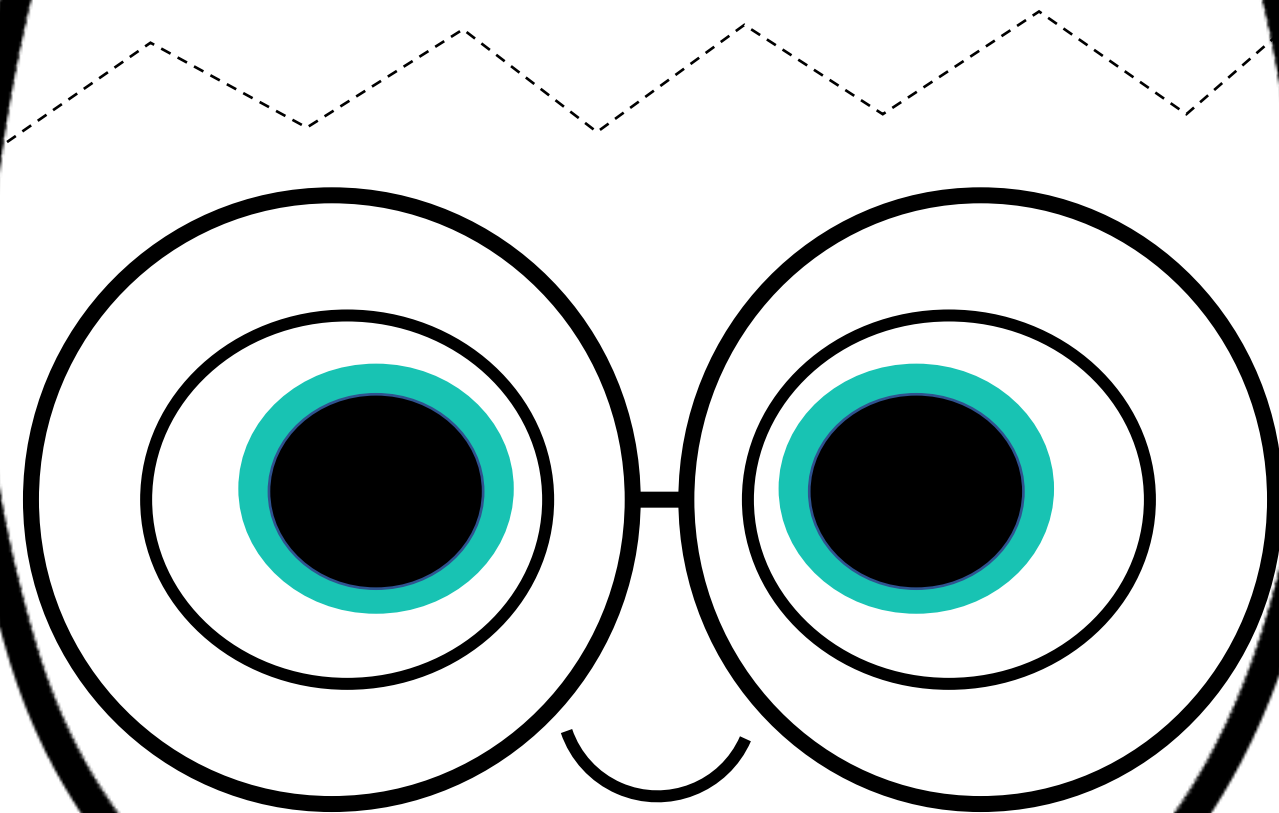
Directions

Check out MaiStoryBook Blog Post- for visual, step-by-step Directions for putting together the craft:

<http://maistorybook.com/2019/02/20/maistorybook-library-the-good-egg-the-good-egg-surprise-craft/>

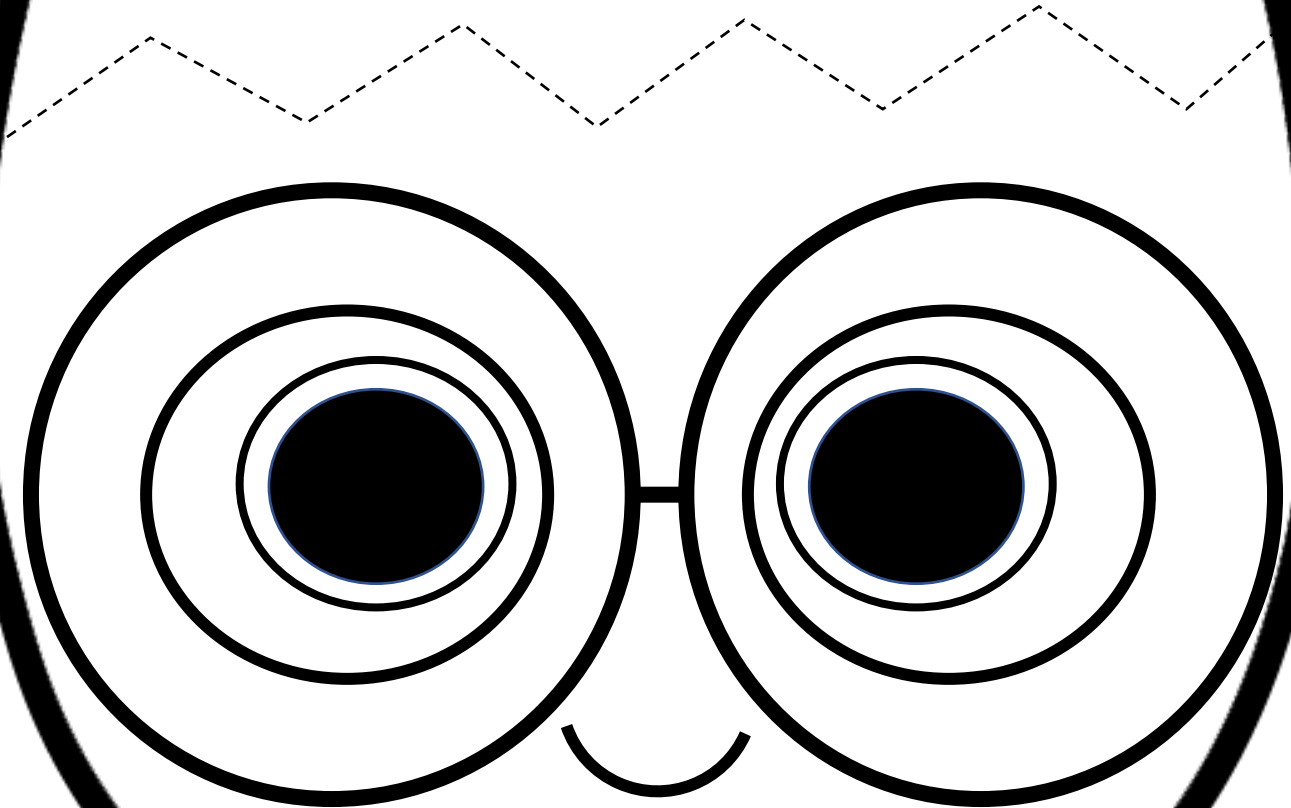
- Read "The Good Egg" by Jory John and Pete Oswald OR check out MaiStoryBook's FREE Interactive Read Aloud Video of "The Good Egg": a shared-reading read aloud complete with comprehension questions to engage kids in conversation throughout the story:
https://www.youtube.com/watch?v=_1v35d5HDPE&t=154s
- Choose a "Good Egg" template. There are colored and black and white versions. There is also a version that focuses on "Self-care" activities you can do if you are stressed or angry, or a version that focuses on positive affirmations you can tell yourself if you are stressed or sad. Little ones who may not understand the feeling of stressed may want to use the "angry" and "sad" versions.
- If you chose the black and white version, color it in and don't forget to put your name.
- Cut the egg in half on the dotted line so that you have two pieces. The "Inside Yolk" will go in between the two pieces and attach them together.
- Next, choose an "Inside Yolk". There are yellow-colored versions, or black and white versions. One version you can write in your own positive affirmations, or self care activities in the blank spaces, the other versions are blank and you can cut and paste the affirmations or activity examples included in the resource onto the "inside yolk."
- If you choose to use the resource examples, cut out the different affirmations or activities that connect with you, and glue them onto the inside yolk.
- Cut out the yolk. **Keep the top and bottom tabs on! Do not cut them off*
- To connect the Yolk and Egg, fold back the two tabs. Tape or glue the front side of the bottom tab to the top-back of the bottom half of the egg. Then, tape/glue the front side of the top tab to the bottom-back of the top half of the egg.
- Next, fold the egg yolk in on itself so that when it is folded, the top and bottom half of the egg line up.
- The yolk should fold in on itself as you close the egg to make it whole, and then when you open the egg, your affirmations or self-care activities will be revealed! Surprise!

**WHEN I FEEL
STRESSED,
I CAN ...**



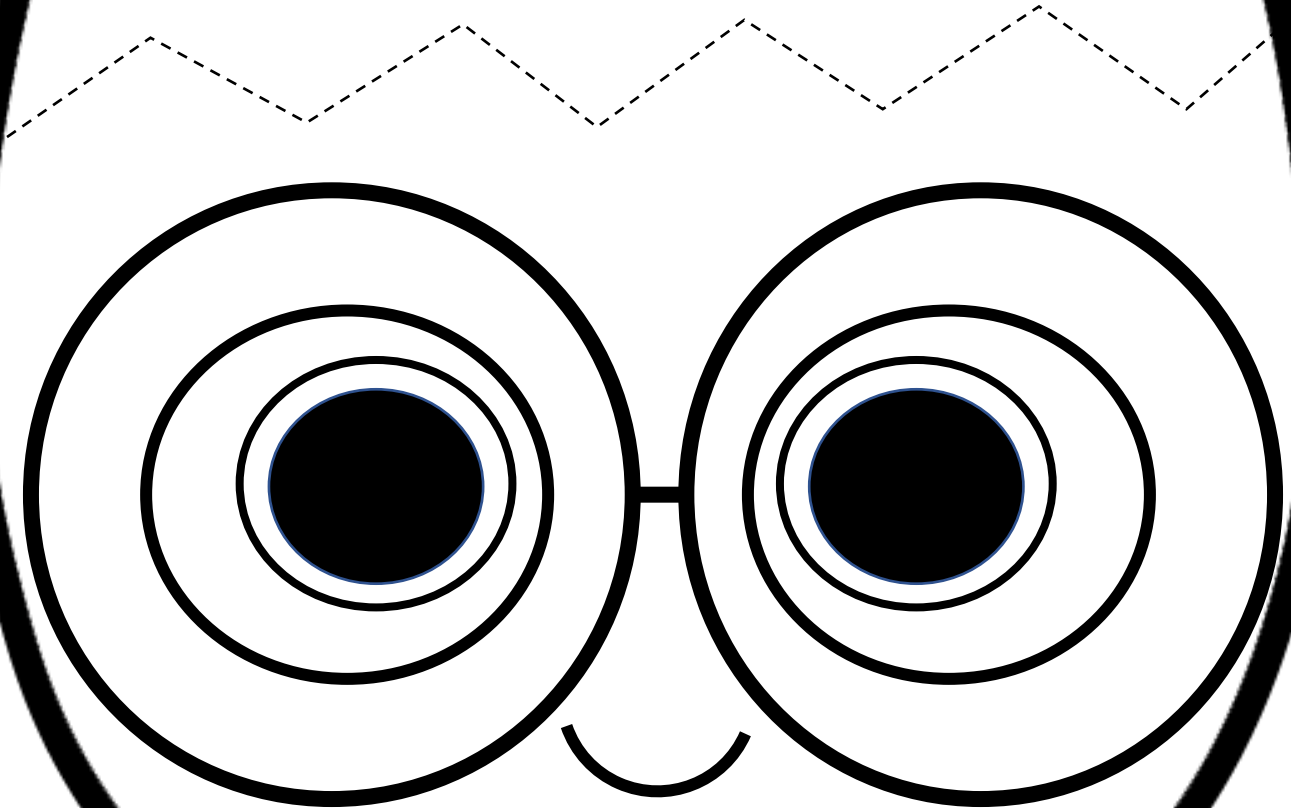
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WHEN I FEEL
STRESSED,
I CAN ...



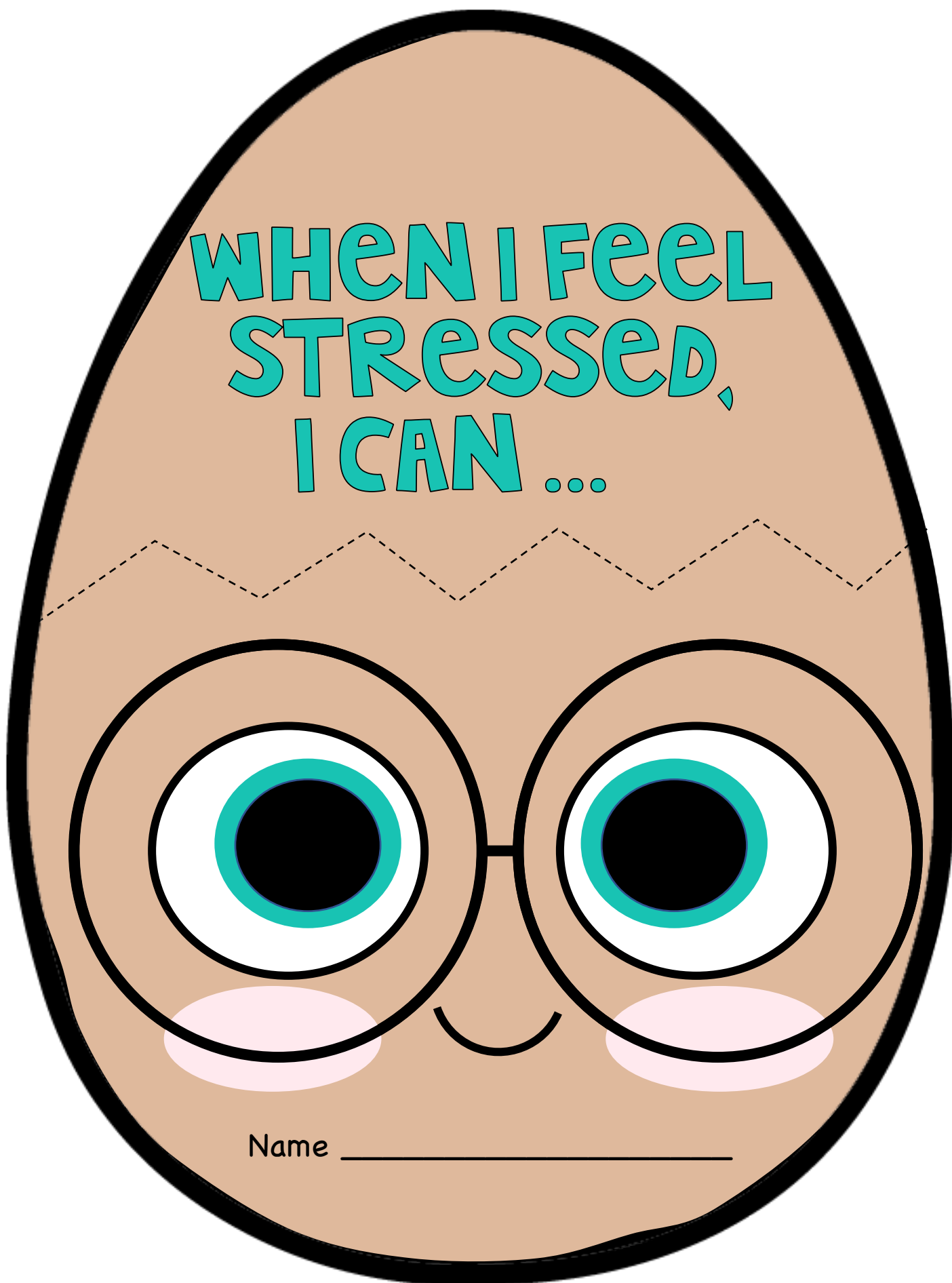
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**WHEN I FEEL
STRESSED,
I CAN ...**



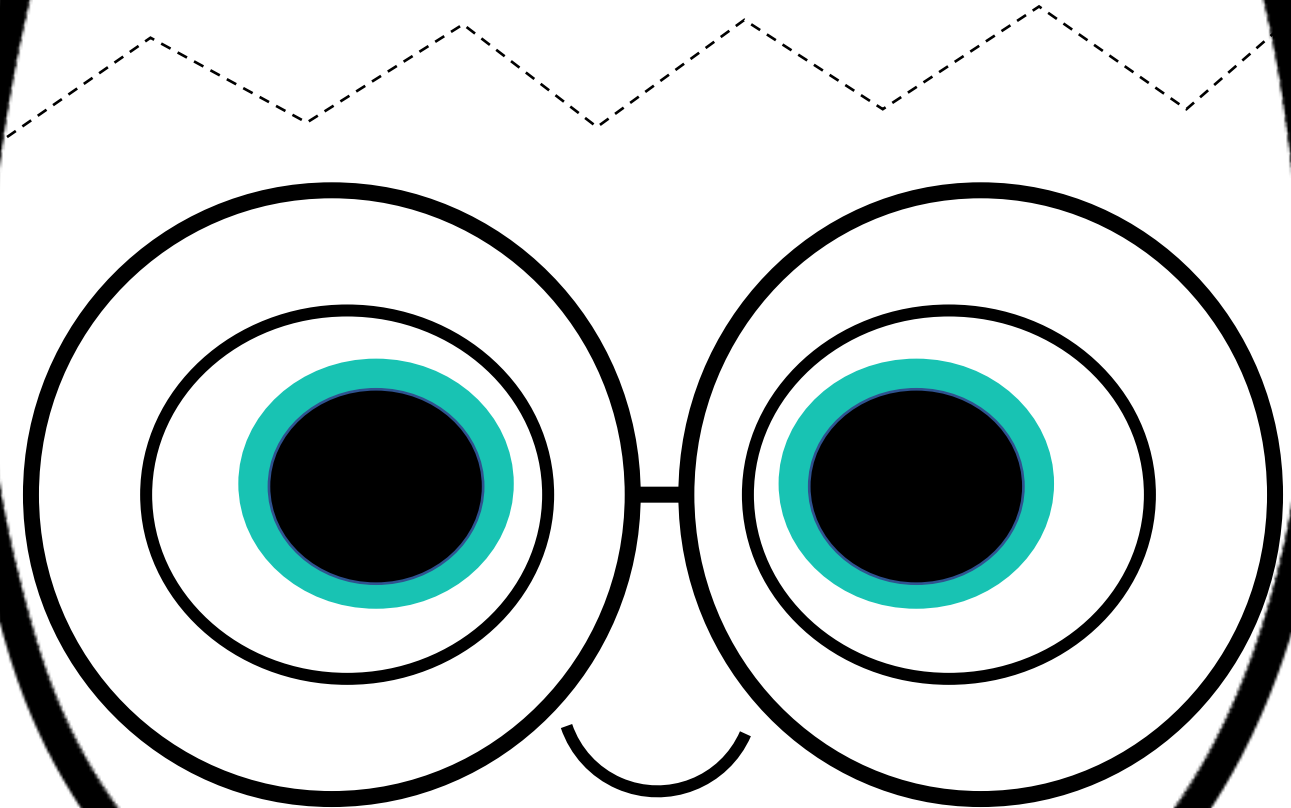
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WHEN I FEEL
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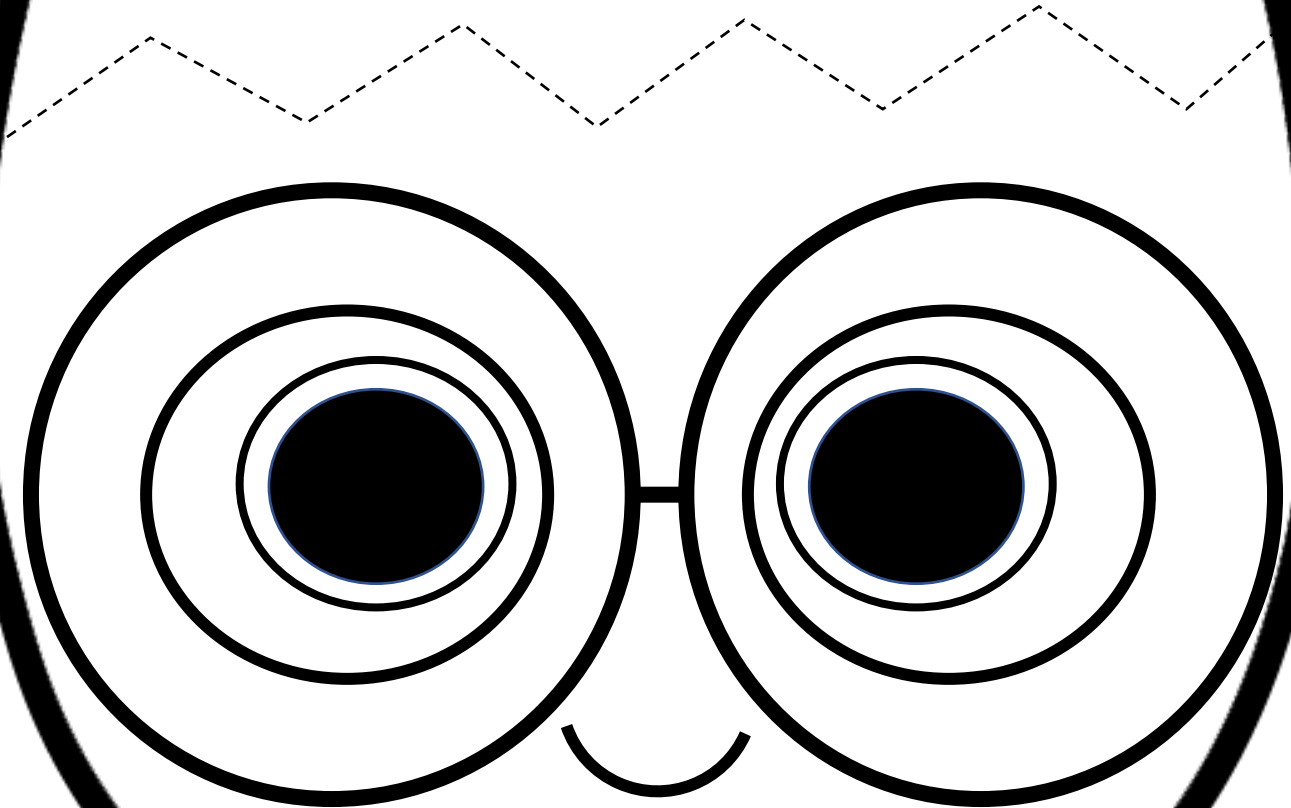
Name _____

**WHEN I FEEL
ANGRY,
I CAN ...**



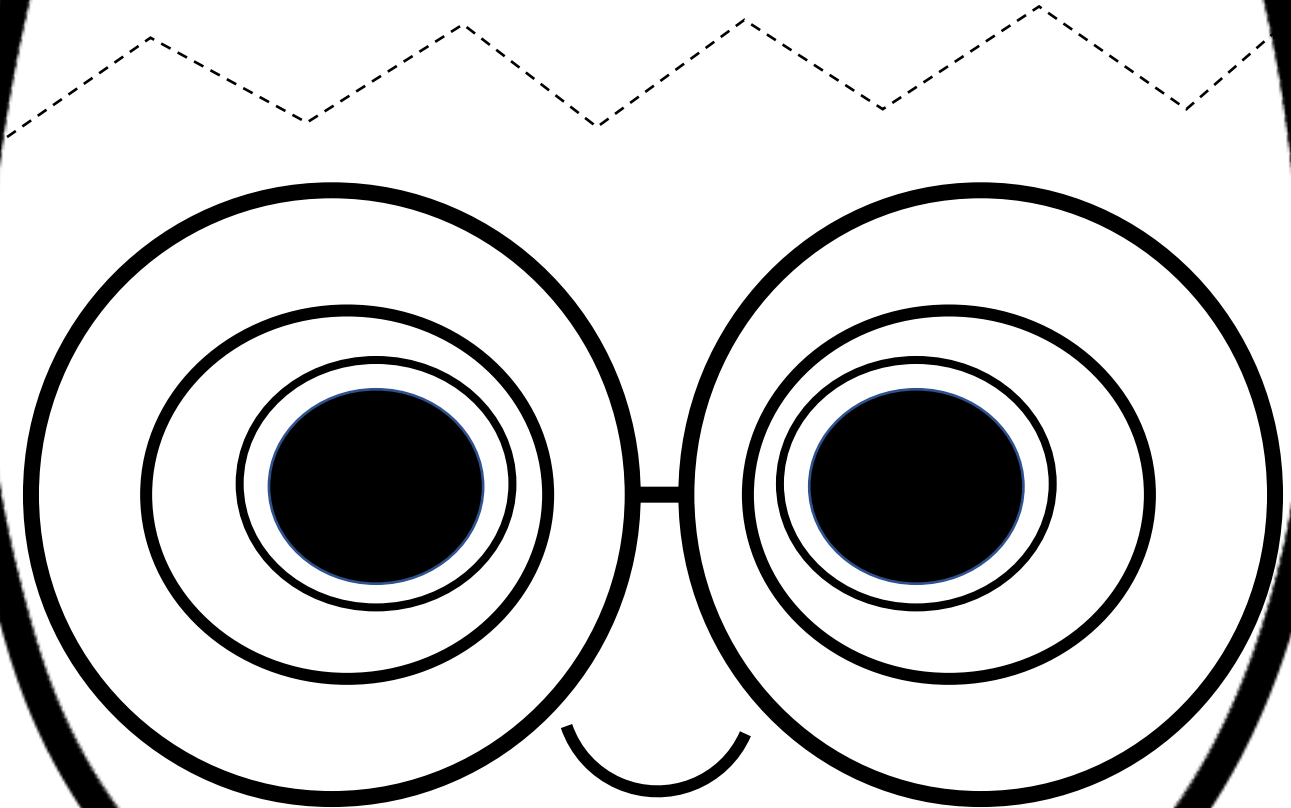
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WHEN I FEEL
ANGRY,
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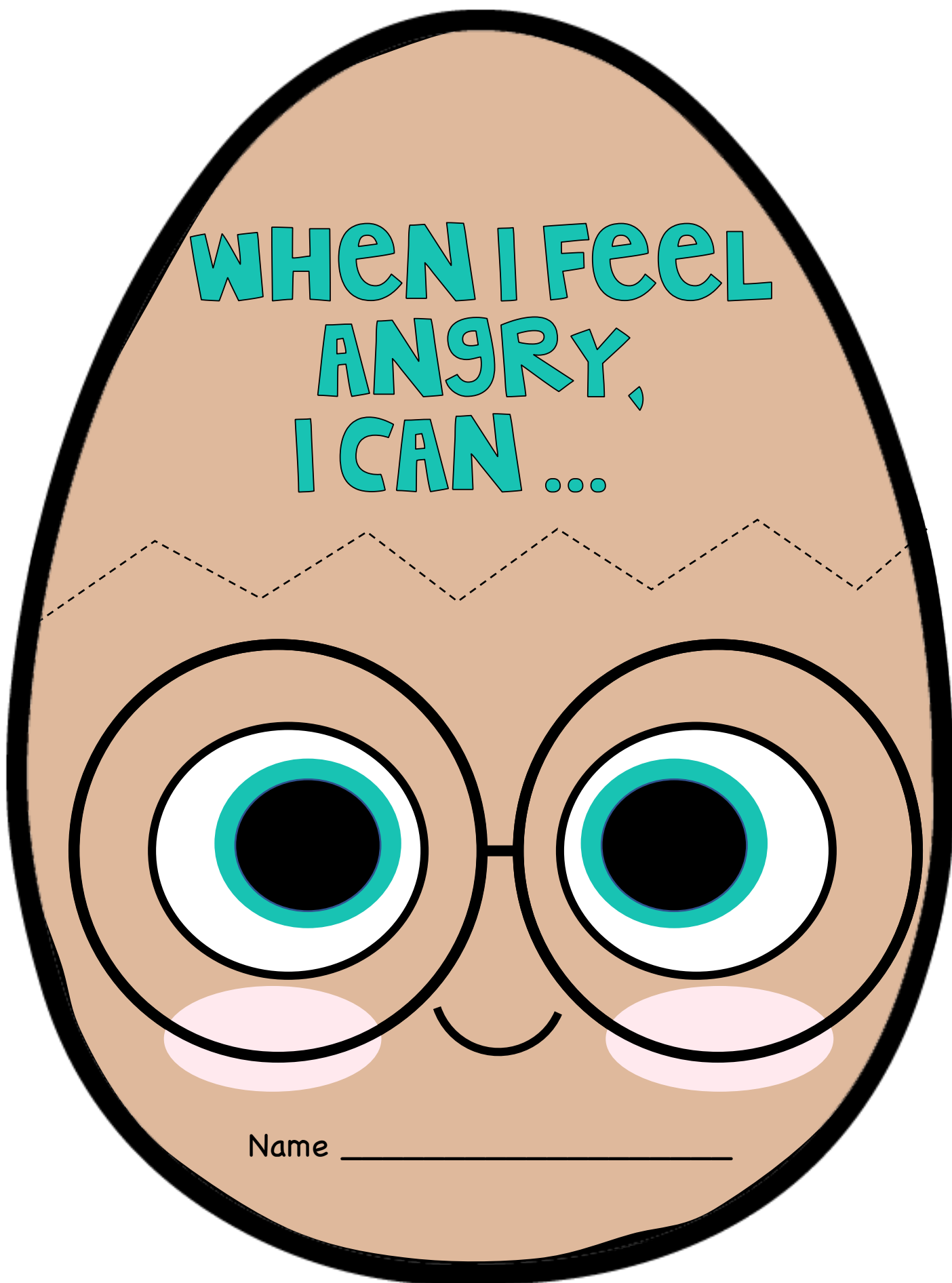
Name _____

**WHEN I FEEL
ANGRY,
I CAN ...**



Name _____

WHEN I FEEL
ANGRY,
I CAN ...



Name _____

Ideas for Self-Care

Take a walk.

Listen to music or
sing a song.

Take a bubble bath.

Draw a picture.

Read a good book.

Do yoga and stretch.

Watch a movie.

Take a nap.

Take deep breaths.

Write in my journal.

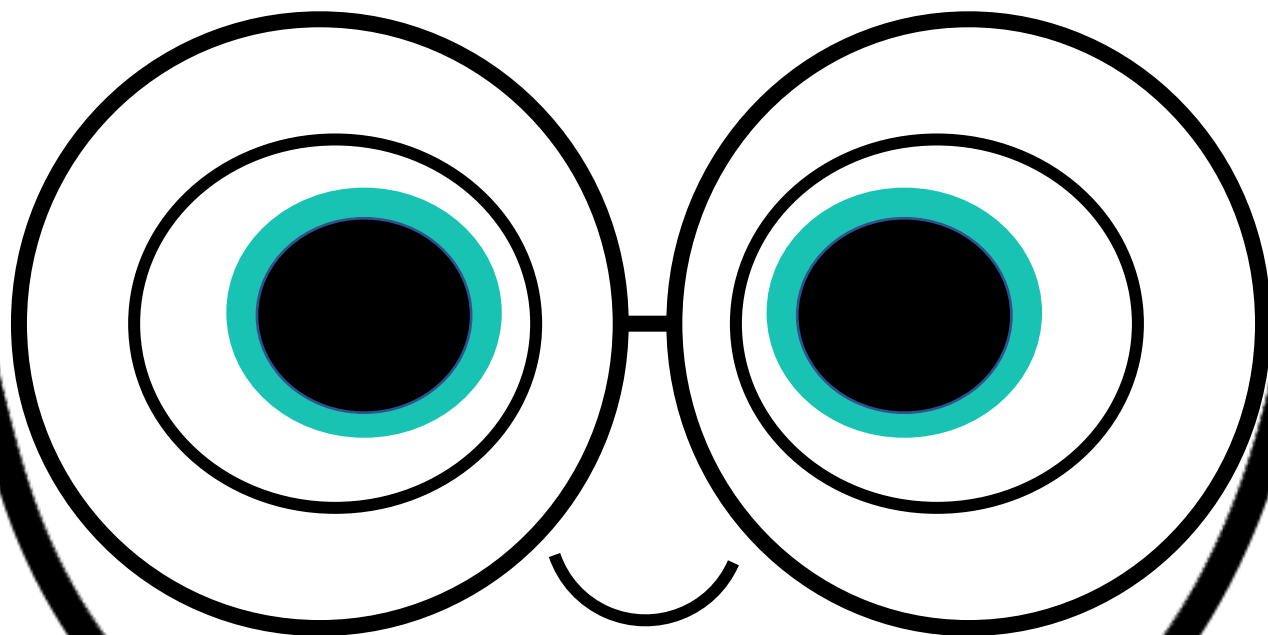
Have a dance party.

Blow bubbles.

Eat a healthy snack or
drink water.

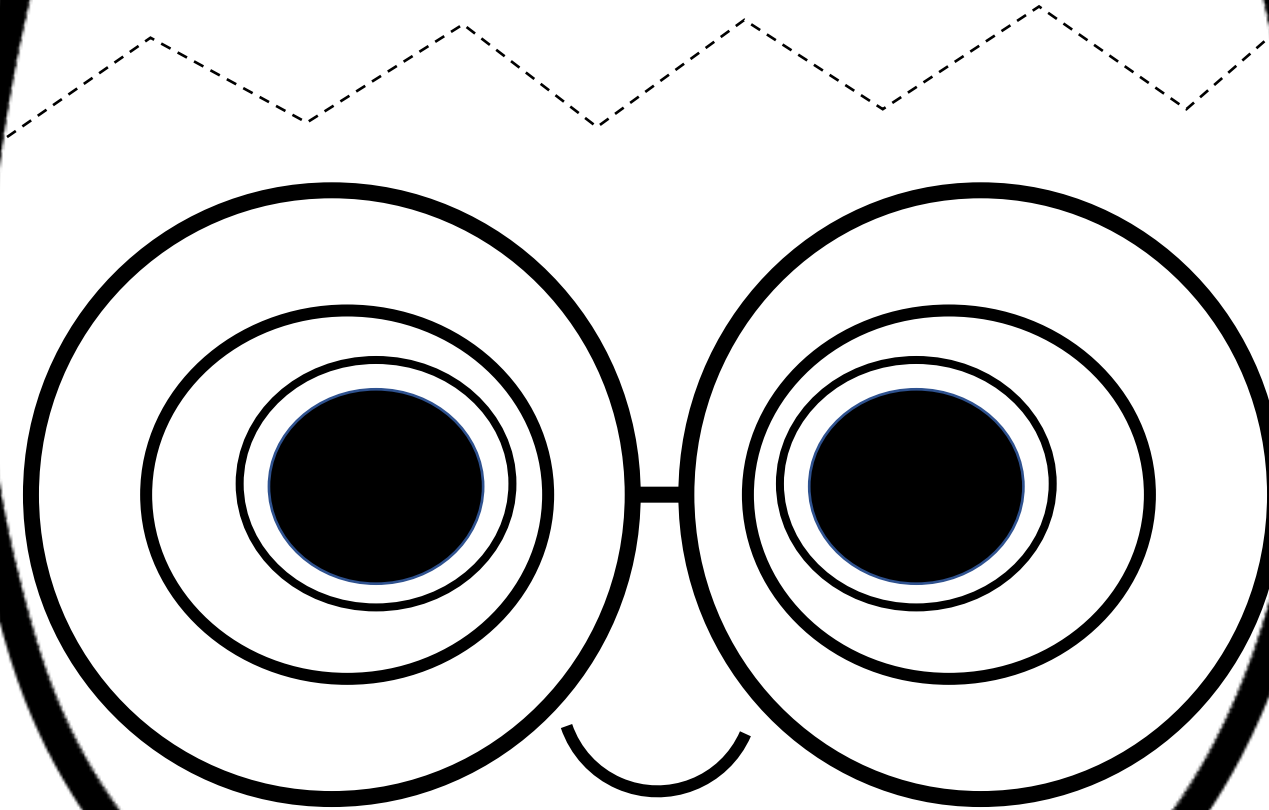
Ride my bike.

**WHEN I FEEL
STRESSED,
I CAN TELL
MYSELF...**



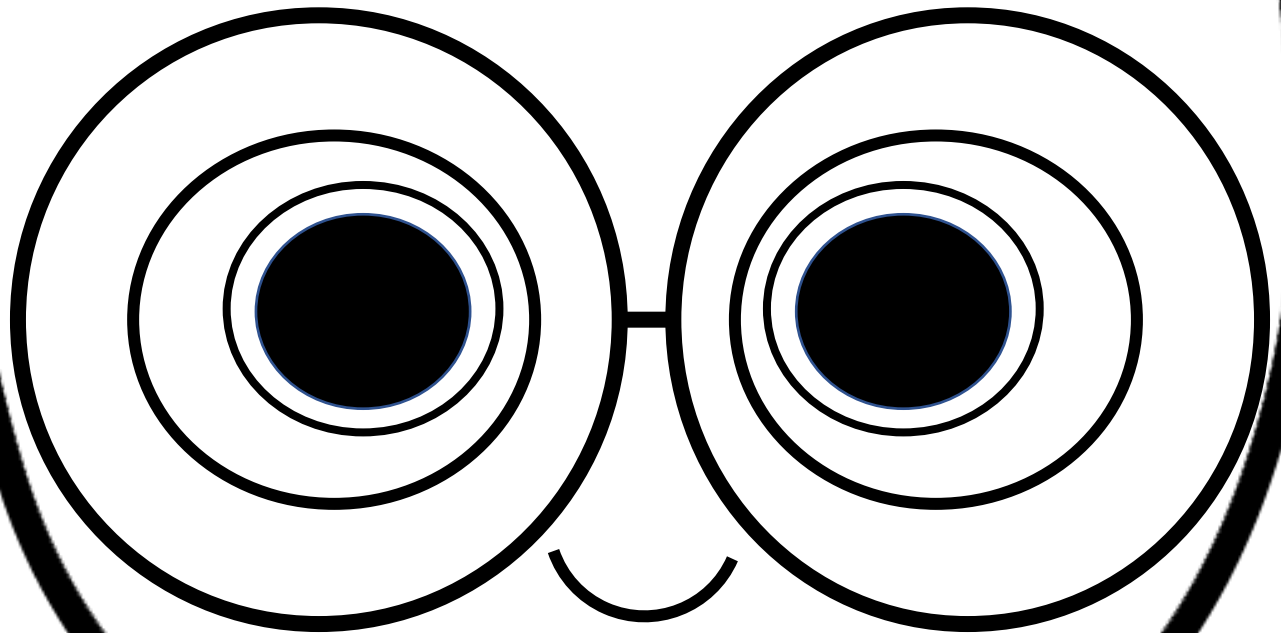
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WHEN I FEEL
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I CAN TELL
MYSELF ...



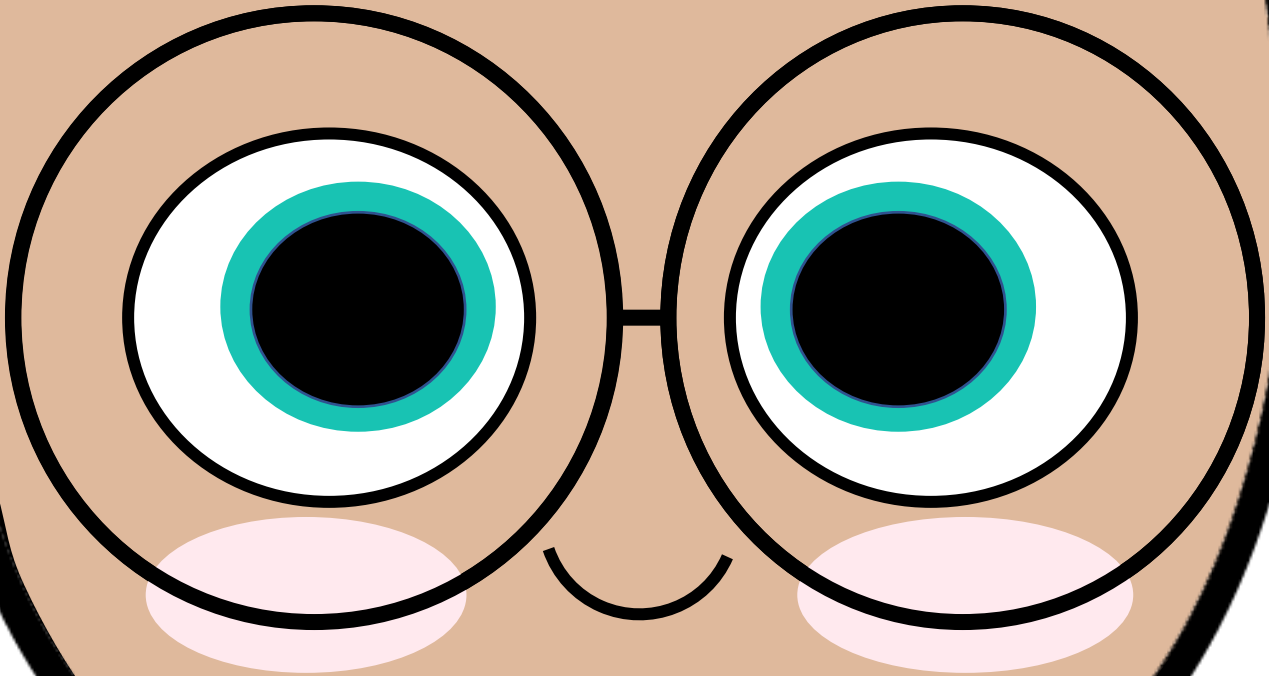
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**WHEN I FEEL
STRESSED,
I CAN TELL
MYSELF...**



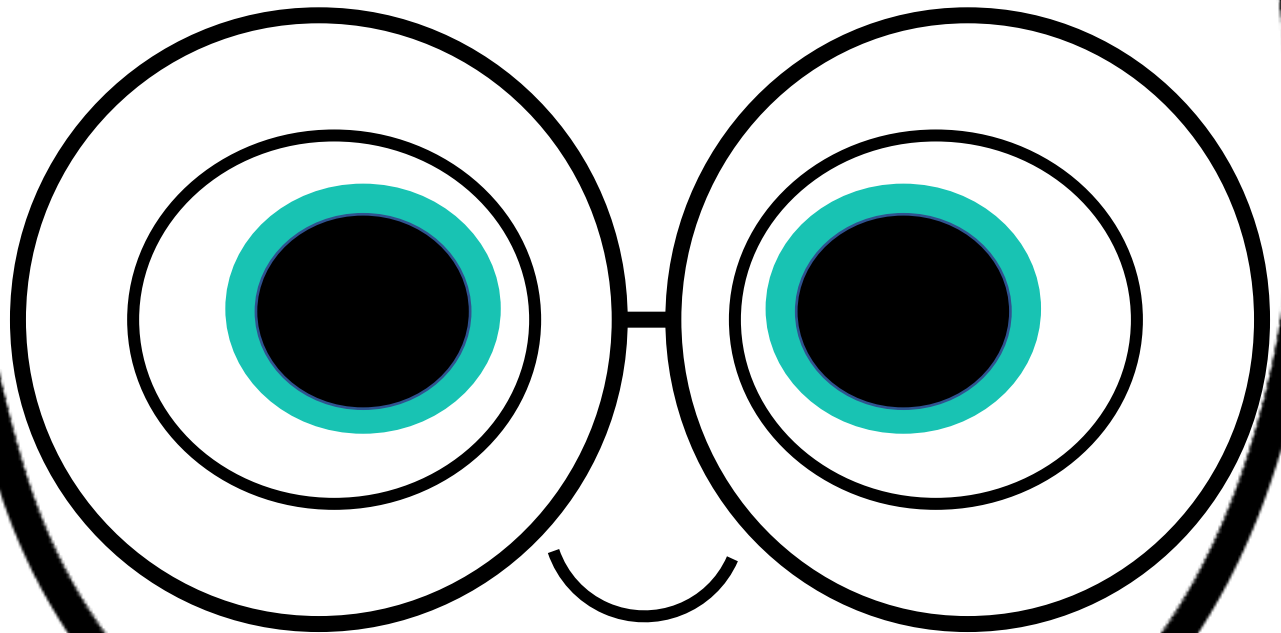
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WHEN I FEEL
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I CAN TELL
MYSELF ...



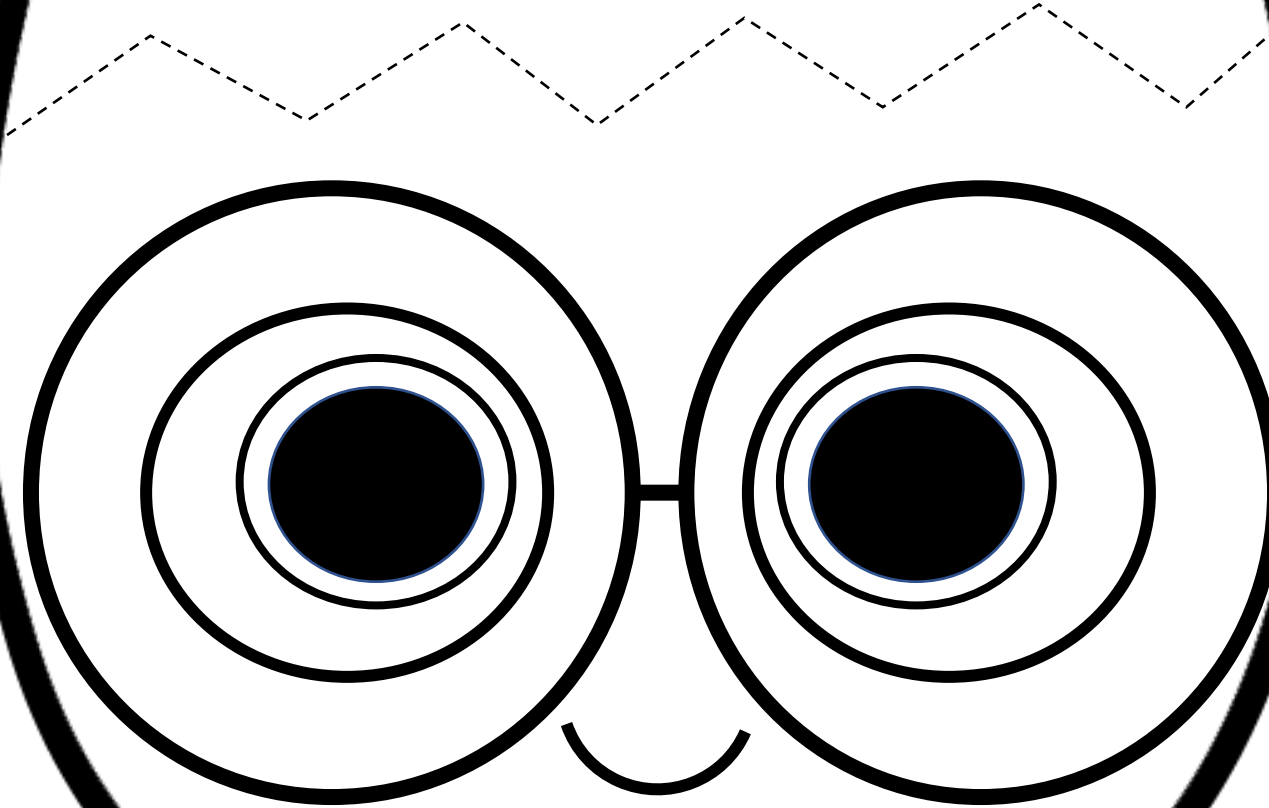
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**WHEN I FEEL
SAD,
I CAN TELL
MYSELF...**



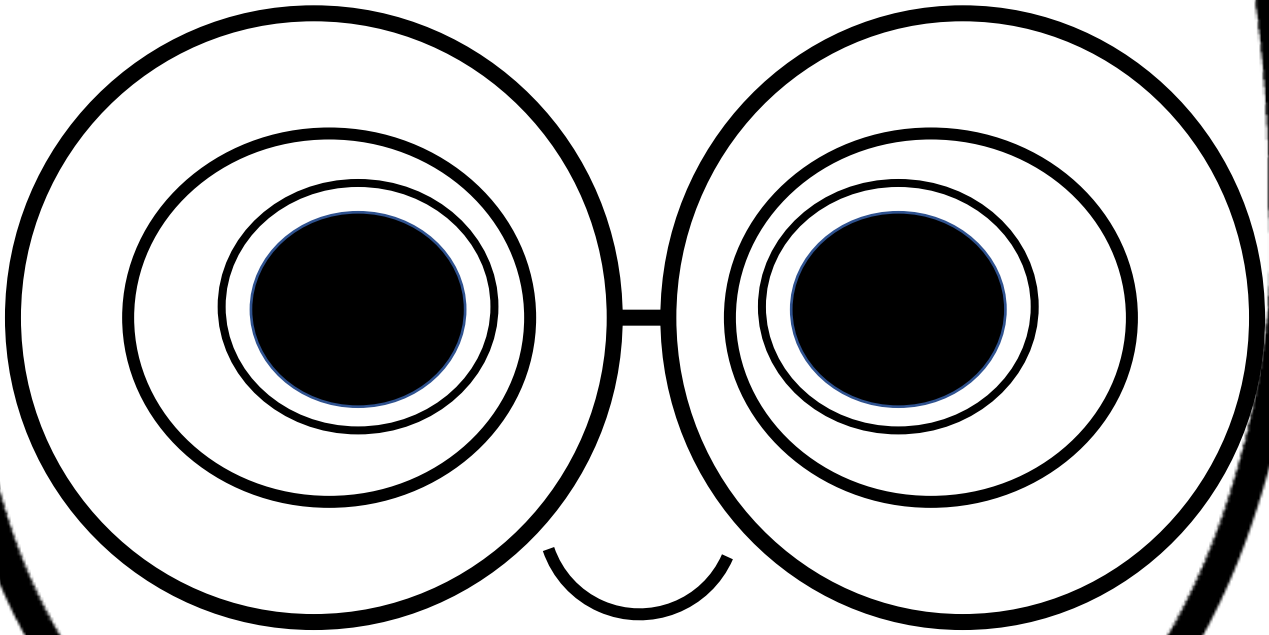
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WHEN I FEEL
SAD,
I CAN TELL
MYSELF ...



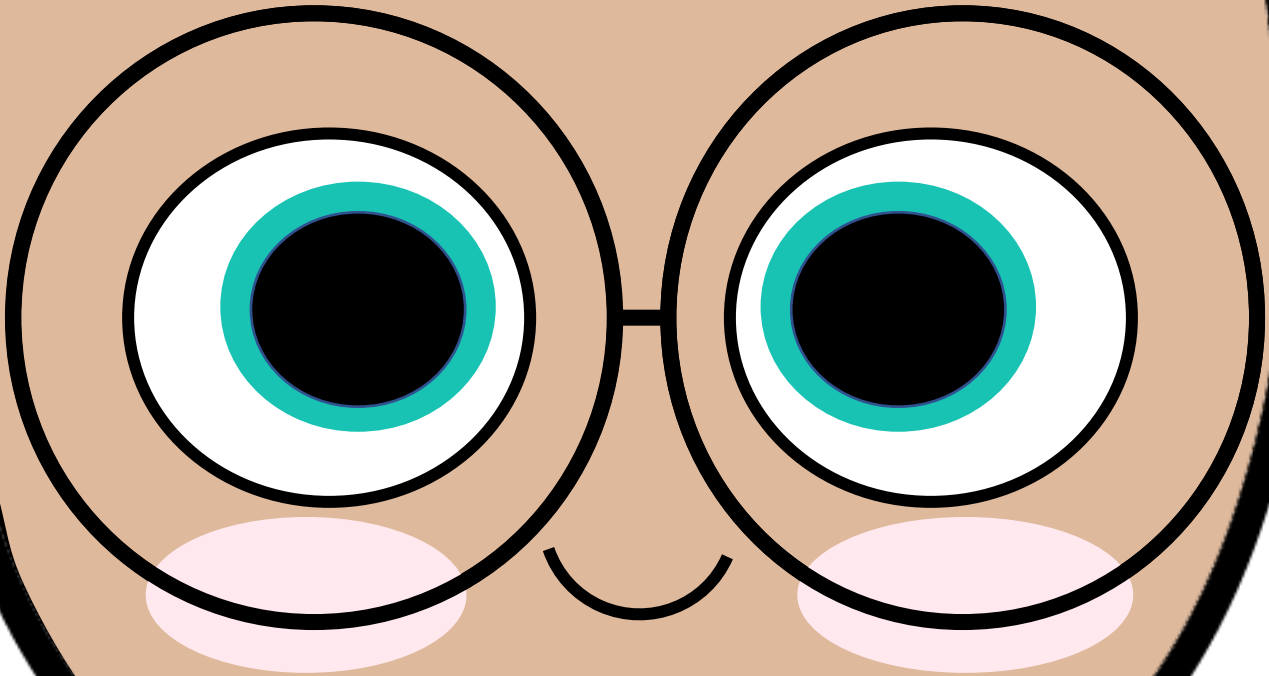
Name _____

**WHEN I FEEL
SAD,
I CAN TELL
MYSELF...**



Name _____

WHEN I FEEL
SAD,
I CAN TELL
MYSELF ...



Name _____

Examples of Positive Affirmations

I am important.

I am brave.

I can make a
difference.

I have great ideas.

I believe in myself.

I am loved.

Today is going to be
a great day.

I am a leader.

I am enough.

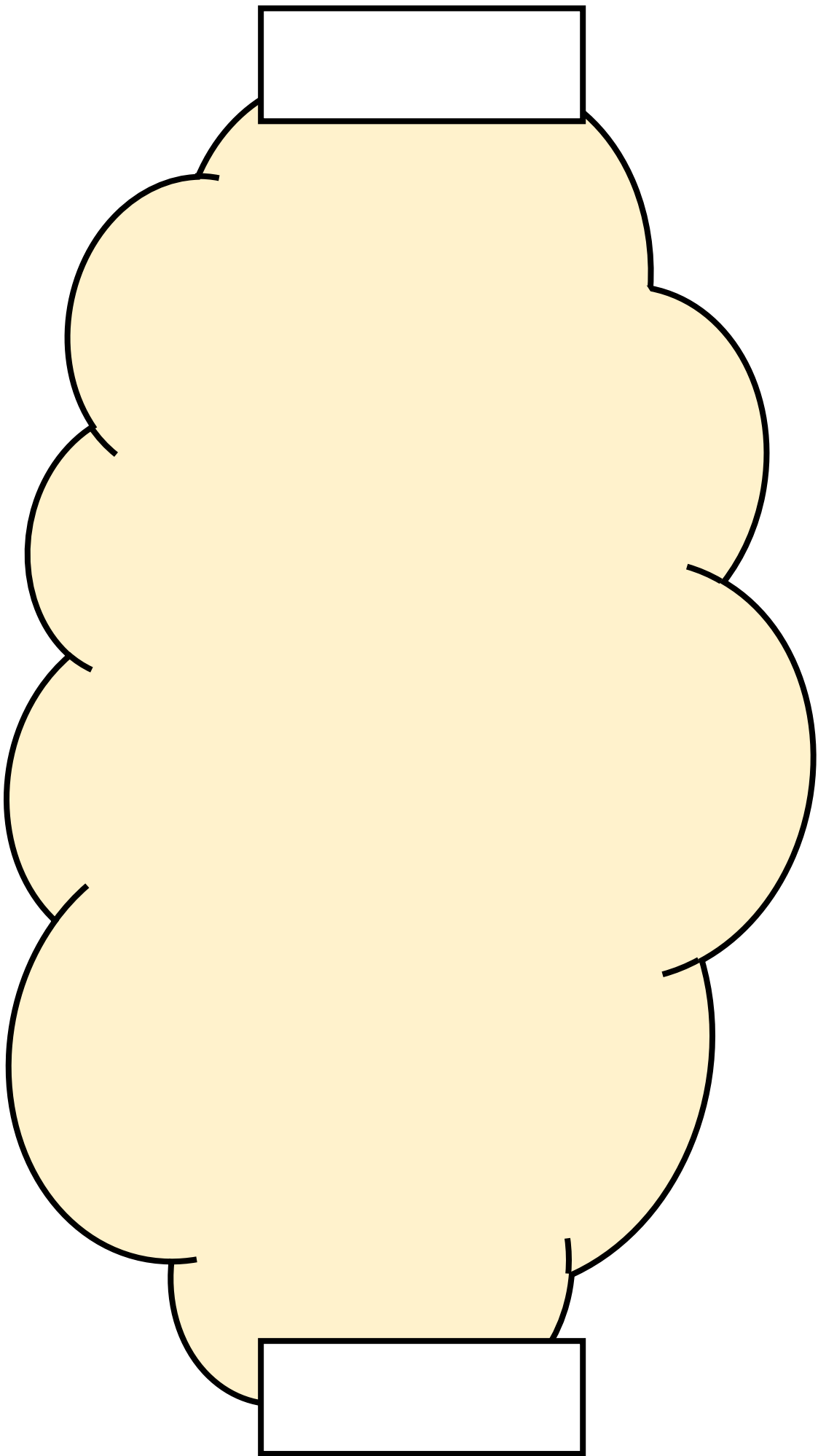
I have many talents.

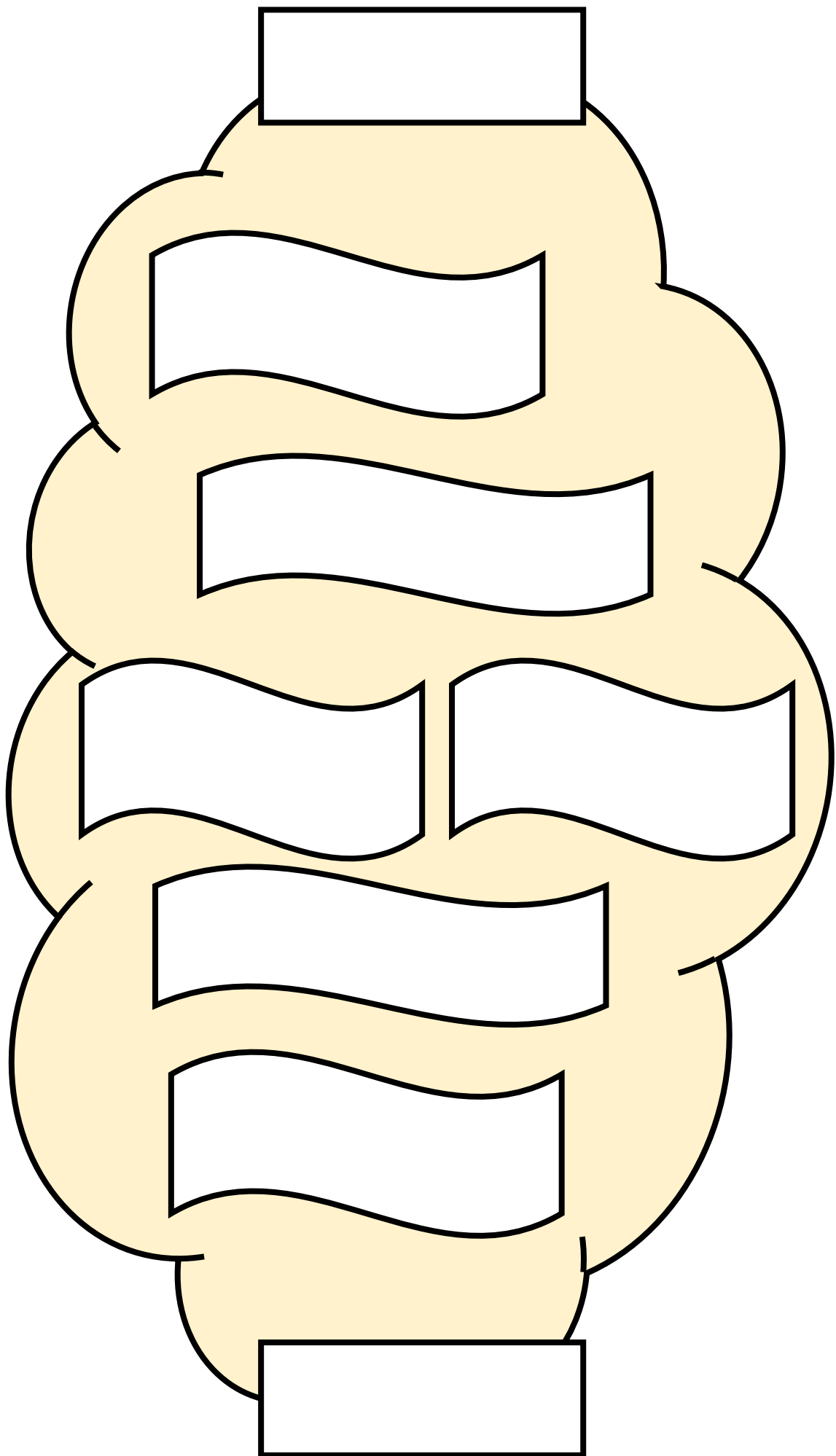
I know I can do this.

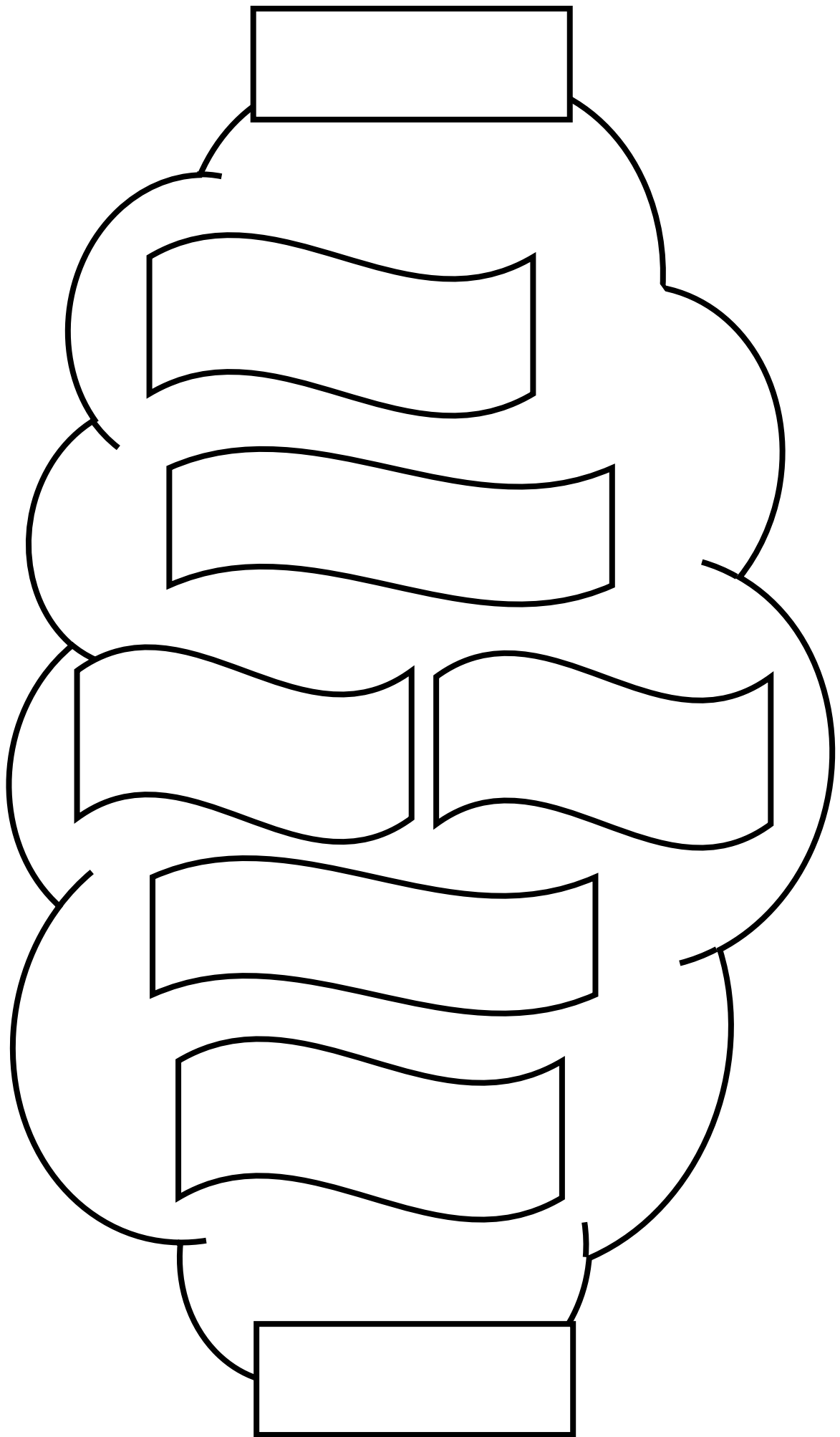
I am powerful.

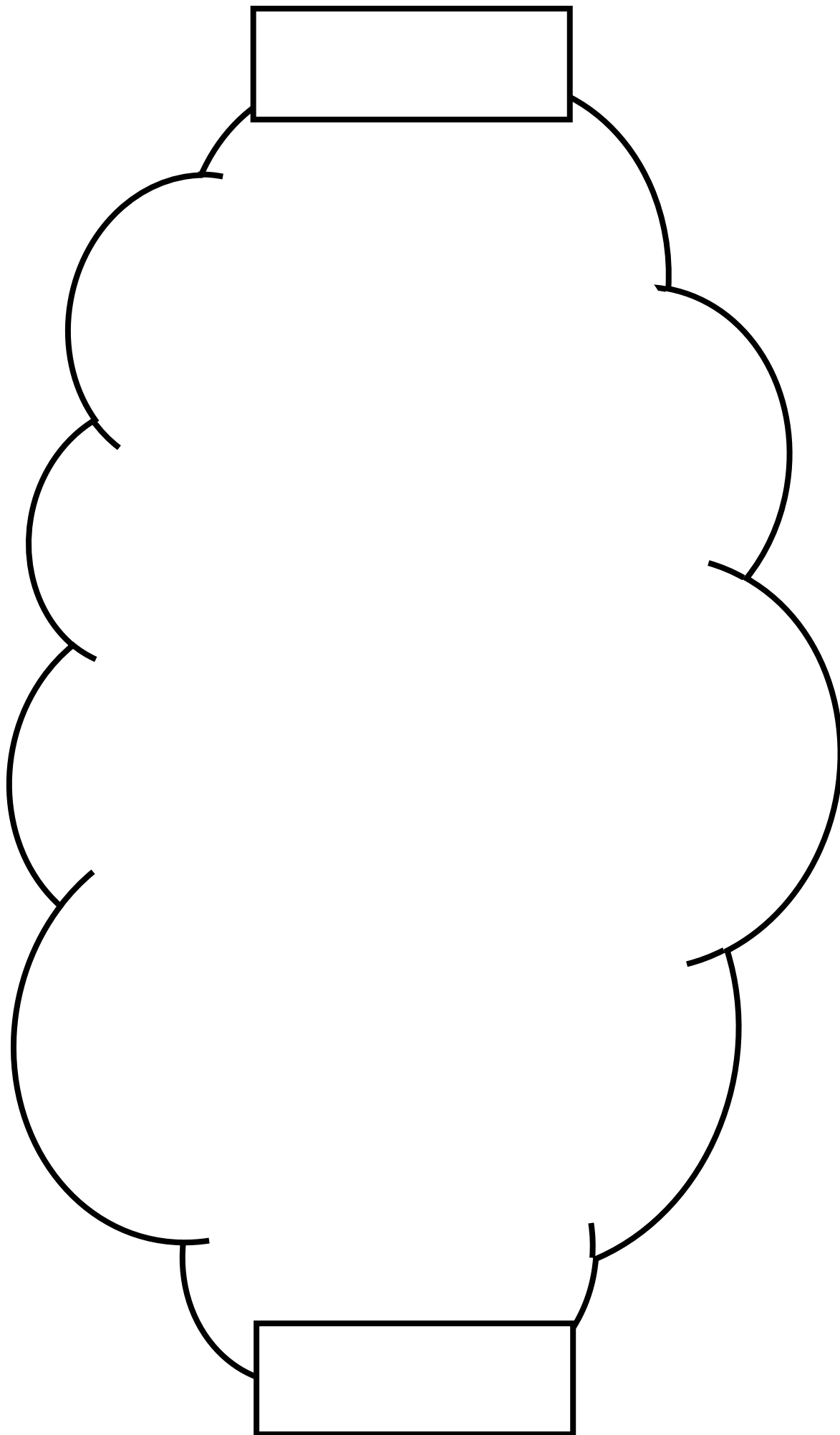
I am a problem solver

I can do this.











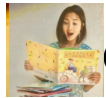
Check out [MAISTORYBOOK on TPT](https://www.teacherspayteachers.com/Store/Maistorybook) for more Classroom Resources:

<https://www.teacherspayteachers.com/Store/Maistorybook>



Check out [MAISTORYBOOK YOUTUBE CHANNEL](https://www.youtube.com/c/maistorybook) for INTERACTIVE shared-reading read

<https://www.youtube.com/c/maistorybook>



Check out www.Maistorybook.com for more reading resources



Check out [@maistorybooklibrary](https://www.instagram.com/maistorybooklibrary) for book recs

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