

Hello People-Friends!

Did you know that yetis have a secret magical word? We use it when we're feeling nervous, or when we're finding ROARING hard at Yeti School.

When we can only manage a grrr (or doing some really hard sums) we use our special yeti word to make us feel better. It's ...



It changes, "I can't do it." to

"I can't do it YET, but I will if I keep trying!"

Why don't you try it with a pocket yeti?

Finding it in your pocket will help you remember that you **CAN** do hard things ... even if you haven't got there **YET**... you'll get there if you keep trying.

(You could even try a pocket yeti in your pencil case at school too!)

Be ROARSOME xx