



Name: _____

Subject: SEL

Key Concepts: self-confidence, persistence, resilience

You Can Do This: Make Your Own Inspiration Sign

Watch this Wonderama video on YouTube: [I Can Do This!](#)

(If needed, use the video title to search for this video on the Wonderama YouTube channel.)

You Can Do This!

The video “I Can Do This” shows how you can accomplish your goals by: **practicing, working hard, and never giving up**. Use the frame below to draw a picture and write words and messages that will help you remember how you can accomplish your goals. Then, cut this page on the dotted line below, and hang your picture up to inspire and remind you of what you can do!

I CAN DO IT!