



Hiccup's Confidence Cards

Confidence Card Collection 1 of 2

Cut, collect, and choose one tiny confidence mission each day.



GROWN-UP + CHILD RITUAL

Pick one card. Say it together three times. Ask: When can we practice this today?

HICCUP CARD 01 | KINDNESS



I am kind.



Say one kind thing.

HICCUP CARD 02 | COURAGE



I am brave.



Try something new.

HICCUP CARD 03 | CONNECTION



I am loved.

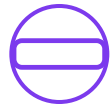


Name someone who

HICCUP CARD 04 | IMAGINATION



I am creative.



Draw your idea.

HICCUP CARD 05 | TRY AGAIN



I can try again.



Mistakes help me learn.

HICCUP CARD 06 | HELPING



I can help.



Do one helpful thing.

Learning spark: short words plus one tiny action connect positive self-talk to real life.



Hiccup's Confidence Cards

Confidence Card Collection 2 of 2

Cut, collect, and choose one tiny confidence mission each day.

GROWN-UP + CHILD RITUAL

Pick one card. Say it together three times. Ask: When can we practice this today?

HICCUP CARD 07 | CURIOSITY



**I am
learning.**



Ask one question.

HICCUP CARD 08 | CALM



**I am
enough.**



Take one big breath.

HICCUP CARD 09 | FEELINGS



**I can use my
words.**



Say how you feel.

HICCUP CARD 10 | FRIENDSHIP



**I can be a
good friend.**



Share or take turns.

HICCUP CARD 11 | PRIDE



**I am proud of
myself.**



Name one thing you did.

HICCUP CARD 12 | PERSISTENCE



**I can do hard
things.**



Try one small step.

Learning spark: short words plus one tiny action connect positive self-talk to real life.