



Talking Points

Stand Tall with *Too Tall Alice*

Hi, I'm Alice. In *Too Tall Alice*, I learned that I am just the right height for me, and I could see myself, really see myself, having a very beautiful day.

If you stand tall with me, whether you are worried about being too short, too skinny, too fat or lots of other things we could find to be anxious about, I'm here to tell you that it's all going to be okay. I learned to see me, the real me, and now I know I can be anything I want to be. And you can too!

Sometimes it's good to turn off those thoughts about not being perfect or cool or having the right clothes or hair or whatever. I do this by *thinking* positive things and *doing* them too. Here's a list of my favorite ways to Stand Tall. You might want to give them a try.

- ✚ Stop listening to the negative thoughts that are inside your head.
- ✚ Give yourself four compliments a day
- ✚ Self esteem isn't a cool pair of sneakers, it is knowing that you are worth a lot, just as you are.
- ✚ Focus on what you like about yourself and make a list of all of the things that you do well.
- ✚ Do not obsess about the things you can never change like your height or the color of your hair or the size of your feet.
- ✚ Stop comparing yourself to others.
- ✚ Doing your best IS enough.
- ✚ Forgive yourself and say you're sorry when you make a mistake.
- ✚ Be a good friend and see the best in yourself and other people.