

Good Morning, Superhero!



Sometimes you have to work to find strength from inside. Stand straight and tall in front of a mirror. Put your hands on your hips. Together with a grown-up, call out any or all of these sentences:

- » “I am strong and brave!”
- » “I have a family who loves me no matter what!”
- » “I know that love wins!”
- » “I respect others!”
- » “I believe in myself!”
- » “I have hope for the future!”
- » “If I fall down, I’ll get back up!”
- » “My family will always help me!”

Now color in the shape next to Grover to look like you. Write down your own superhero sentences.

I _____ !

I _____ !

Hang this page on your door. Remember every day that you are a superhero!

