

I Am Somebody

Help set the stage for a lifetime of confidence, pride, and strength! Invite children to draw themselves in the mirror, then talk together about what you love about them and what they love about themselves. Write those things down, then look in a real mirror together and repeat them (you might post this page near a mirror at home). For instance:

- o I am somebody.
- o I can make the world better.
- o I try and try again.
- o I am unique.
- o I am a good friend.
- o I love being me!
- o I am curious.
- o I love my hair (or any other physical quality).


