

# I Can...

There are some things children can't control, like a grown-up's addiction. But there are lots of things children can do, like taking good care of their bodies and brains. In each of the boxes, draw a picture of some of the great things you **CAN** do every day!



## I CAN COMMUNICATE MY FEELINGS!

Karli draws about her feelings. How do you share how you feel?

## I CAN TAKE CARE OF MYSELF!

Karli takes care of herself when she asks for help from a grown-up. How do you take care of yourself?

## I CAN CELEBRATE MYSELF!

Karli uses her journal to celebrate herself. How do you celebrate yourself?

## I CAN MAKE HEALTHY CHOICES!

Karli eats healthy fruits and veggies. What healthy choices do you make?