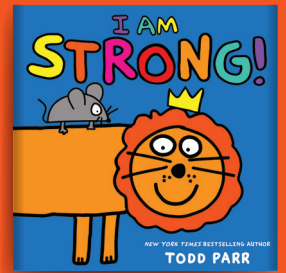


I AM STRONG!

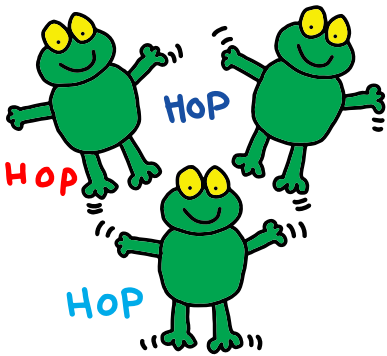
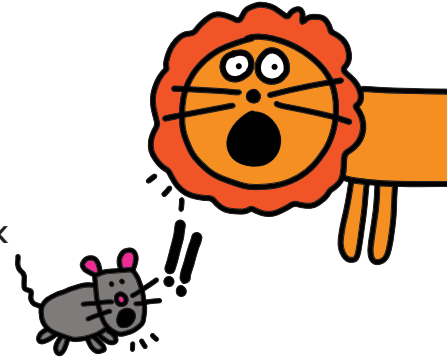


ACTIVITY KIT



There are so many ways to be strong! You are strong when you're learning something new, when you're using your voice to help others, or even when you're happy for someone else. What makes **YOU** strong?

Celebrate all the ways you are strong with a matching game, a fill-in-the-blank activity, and a coloring page. Need more ideas?

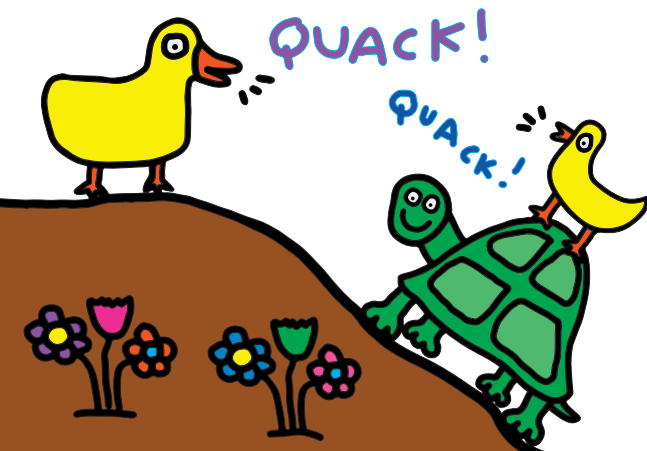


MOVE AND GROOVE

Part of being strong is taking care of your body and what better way to do that than throwing on some music and having a dance party? Moving your body, whether it's a walk around the block or just clapping your hands, is a great way to calm your nerves if you're anxious, clear your head if you're feeling confused, and just remind yourself of all the wonderful things you can do!

USING YOUR VOICE

Helping others is one way to be strong! How can you help your community? Reach out to local organizations that are important to you and ask how you can volunteer. You could donate items to a food pantry or old blankets to an animal shelter. You could even read books to the animals waiting for a forever home!



SHARING STRENGTH

If you see someone being strong, tell them! Sometimes we all need a reminder of the many ways to be strong, and it feels good when someone compliments us. You could even write them a note or draw them a picture to show them how they are strong.



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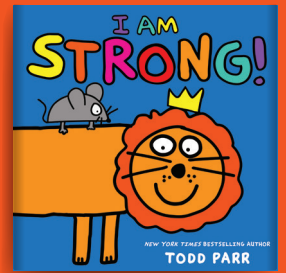
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I AM STRONG!

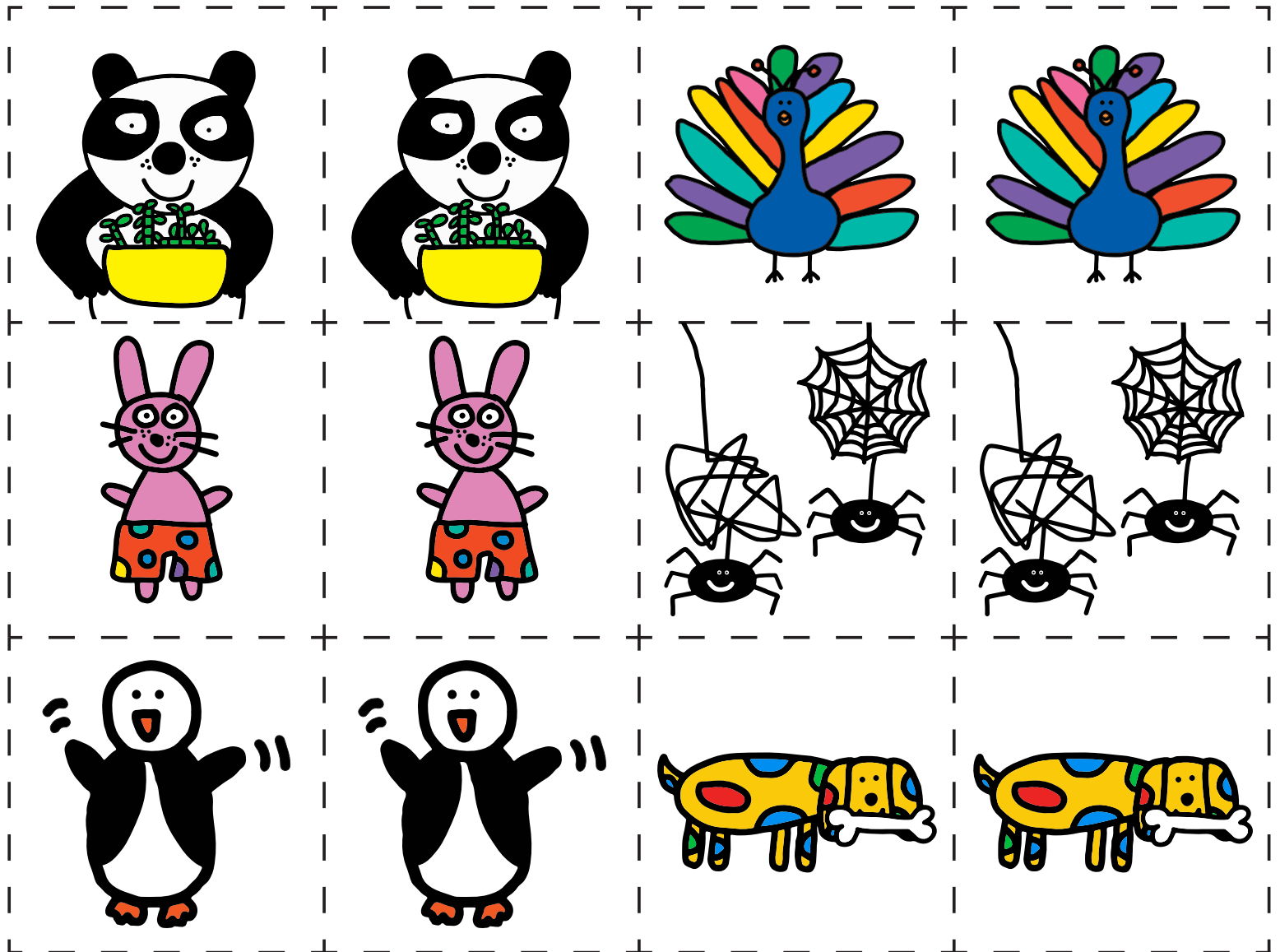


MATCHING



INSTRUCTIONS:

1. Cut out the squares along the dotted lines (or ask an adult to help).
2. Flip all the pictures facedown on a table and mix them all around.
3. With a friend, take turns flipping over squares to try and match two of the same picture.
4. Whoever has the most pairs at the end is the winner!



*Please use adult supervision.



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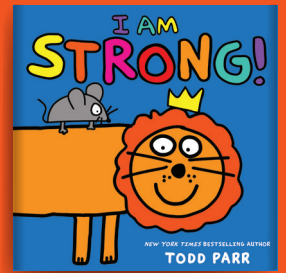
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I AM STRONG!



AFFIRMATIONS

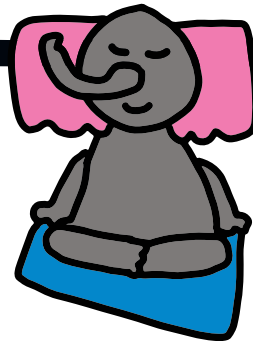


What makes **YOU** feel strong? You are strong when you ask for help! You are strong when you're happy for someone else! You are strong when you try something new! It's good to remind yourself of all the ways you are strong. Fill out the activity below to remind yourself how you are strong every day!

I am STRONG because...

I am STRONG because...

I am STRONG because...



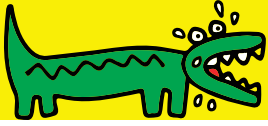
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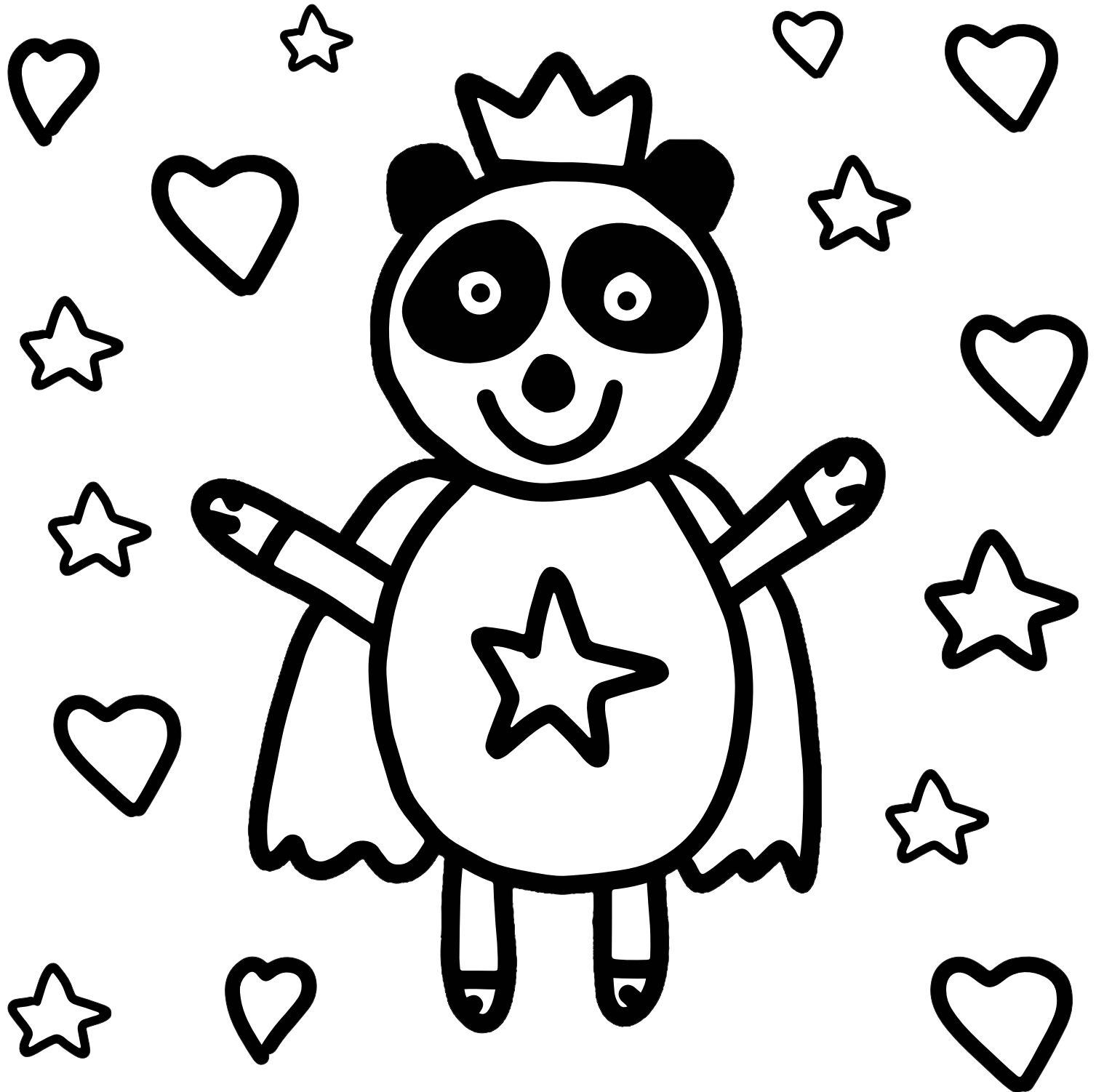
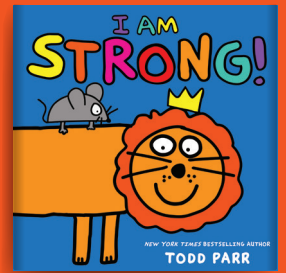
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COLORING PAGE



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