**Read Me:**

**You Can Do It!**

**Explore:**
Author Jason Reynolds believes that “the truest superpowers are the ones we all possess: willpower, integrity, and more importantly, courage.” What are your real-world superpowers? Design the image that would be on your superhero cape. Whenever you need some extra strength, imagine putting it on!

**Family Discussion:**
Ask your family members about their favorite ways of solving a problem. Do they write down a plan for problem solving? Do they ask for advice? Do they think about the last time they faced a similar problem?

**Activity:**
Use your problem-solving skills to help out others! Organize a fundraiser, a neighborhood clean-up, or a collection of coats for people in need. Gather your friends and come up with a plan — and you will not only help others, but gain skills in leadership, problem-solving, and communication!

**Feelings:**
To help unwind, make it a daily habit to unplug, stretch, breathe deeply and enjoy quietness. If you are tense, try taking a deep breath or two — how does it make you feel?

**Pay It Forward!**
Make something beautiful and give it away to family member, friend, or stranger. How does it feel to share a gift you made for someone?

**Did you know?**
Laughter is contagious! Have you heard the phrase, “Laughter is the best medicine?” It’s true, laughter boosts your health and makes you feel better. When’s the last time you had a really good laugh?

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**Hello SOL**

Sol loves art of all kinds – painting, music, dance, writing, acting — to express emotions and solve problems.

Being able to turn a challenge into an opportunity makes them feel alive. Their creative mindset allows them to see situations from different perspectives. They are a great team player with their artistic talent and ability to work with others.