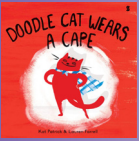


READ ME:



Doodle Cat Wears a Cape
by Kat Patrick,
illustrated by

Lauren Farrell



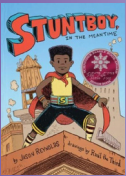
Even Superheroes Have Bad Days
by Shelly Becker,
illustrated by Eda Kaban



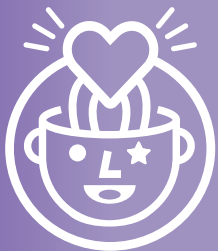
What's My Superpower?
by Aviaq Johnston,
illustrated by Tim Mack



Snapdragon
by Kat Leyh



Stuntboy, in the Meantime
by Jason Reynolds,
illustrated by Raúl the Third



YOU CAN DO IT!

Explore:

Choose one element of nature (a tree, flower, cloud, etc.) and write a poem from its point of view.

Activity:

Keep a kindness journal: Write down when someone does something kind for you, and when you do something kind for someone else -- or for yourself!

Feelings:

When you are feeling upset, try this! Lie down with a teddy or stuffed animal on your belly, and watch as it moves up and down while you slowly breathe, as if you are rocking it to sleep. Did this help you to feel better?

Pay It Forward!

Who is your everyday superhero? Write down who in your life is your hero and why – then tell them!

Did you know?

People who practice thankfulness feel happier than those who don't. What are you most thankful for?

Questions:

You're probably familiar with the Golden Rule: Treat others the way you want to be treated. The Platinum Rule states: Treat others the way they want — and need — to be treated. How have you practiced the Platinum Rule with your friends and family?

MINDFUL

This is

EM

Em practices self-care and models compassion by being an active listener.

They know the importance of kindness and gratitude. You might see them listening to a friend, helping a neighbor or playing games with younger kids – this is how they show they care.



I CARE AND AM

READY TO LISTEN!



EMPATHETIC