Family Activity

Every child should be there hero of their own story! We want to encourage all children to see themselves as brave and strong, like superheroes! Here’s a great activity to do with your little one to help them build Super Self-Confidence!

**Good Morning, Superhero**

Ask your little one to follow the directions below:

- **Stand** straight and tall in front of a mirror.
- **Put** your hands on your hips, keeping your arms wide.
- **Now** think of your own superhero sentences and shout them out loud as you do your superhero pose in front of the reflection: I am ___
  - “I am strong and brave!”
  - “I am an adventurer!”
  - “I am smart!”
  - “I believe in myself!”
  - “If I fall down, I’ll get back up!”
  - “I know that I can achieve greatness!”
- **Then** give your little one a blank piece of paper and crayons to draw themselves as a superhero.
- **Help** your little one write down a few of the empowering phrases they said on their superhero drawing.

*This activity is inspired by Sesame Street in Communities activity, “Care, Cope, Connect”*

Family Reading Tip: Be a Reading Role Model

Parents/caregivers of kids who enjoy reading are more likely to be those who enjoy reading themselves. Simply put, if you want your child to read more, show your child that you also enjoy reading. Kids imitate what their parents do! Show your child your love of reading by reading your favorite novel or an article in a magazine or newspaper while your child "reads" their favorite books. Share an interesting fact or your opinion on what you read and discuss it with your child.

All books are available at your local libraries or click on each book cover for read-aloud links!