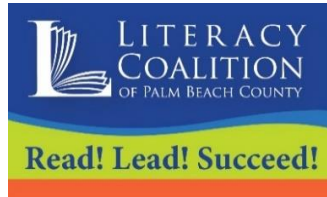


READ and THINK before you ACT.




Leading through Reading


Be Kind to Yourself (K-2)

READ

Embrace yourself!! Embrace means to accept or to hold in your arms!



You are important.
There is no one
just like you.
That means you are
unique.

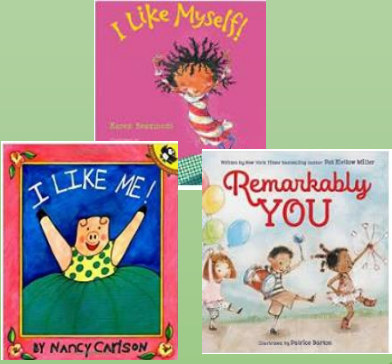


Treasure the things
that make you
one of a kind.
Celebrate
being you!



You matter!
Think and say
nice things
to yourself.
Be kind to yourself.

Read: [I Like Myself](#),
[I Like Me](#) & [Remarkably You](#)



THINK

What makes you unique? What kinds of things do you think about? What do you like to do?
How do you look? What things do you like to say? What makes you remarkably you?

ACT



What hobbies or sports do you enjoy?

Create a simple 'I am' sentence with your hobby or sport.

For example: I am a basketball player.

I am a singer.

I am an artist.

Now, put the word 'good', 'great' or 'amazing' in front of the hobby or sport.

For example: I am a **great** basketball player.

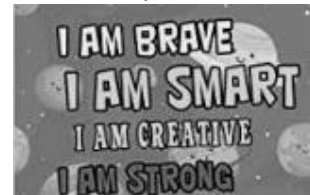
I am an **amazing** singer.

I am a **good** artist.

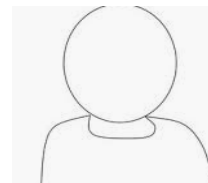


Embrace yourself and what you do best!

Write a list of more positive 'I am' sentences.



Create a self-portrait to go with the sentences!



Draw your physical features—What color is your hair, your skin, and your eyes?

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your *Read! Lead! Succeed!* projects to nbirardi@literacypbc.org