

KEEP THE CONVERSATION GOING!

Simple questions and activities to help your child build kindness, confidence, and a brighter tomorrow. ❤️



EPISODE 1 I AM WORTHY



Discover the power of self-worth and what makes you special. ❤️

EPISODE 2 I AM BRAVE



Learn that courage grows when you try and keep going. 💧

EPISODE 3 I AM ME



Celebrate individuality, self-love, and the beauty of our differences. 🌱

DISCUSSION QUESTIONS

- What did you like most about the episode?
- What makes you special?
- How did the characters show kindness to themselves or others?
- What can you do when you feel left out or not included?

DISCUSSION QUESTIONS

- What does it mean to be brave?
- What was difficult for the character in this episode?
- How did they show courage?
- What can you do when something feels hard or scary?

DISCUSSION QUESTIONS

- What makes you, YOU?
- How did the characters celebrate their differences?
- Why is it important to be kind to everyone?
- What can you do to help others feel included?

TRY THIS TOGETHER

Create a "I AM" Affirmation Poster! Have your child draw a picture or write words that describe what makes them special. Hang it somewhere they can see it every day!



TRY THIS TOGETHER

Make a Bravery Ladder! Talk about something your child wants to try. Break it into small steps and celebrate each step along the way!



TRY THIS TOGETHER

All About ME Collage!

Have your child draw or cut pictures of the things they love (their interests, family, culture, strengths, and dreams) to create a collage that shows their unique and amazing self!

