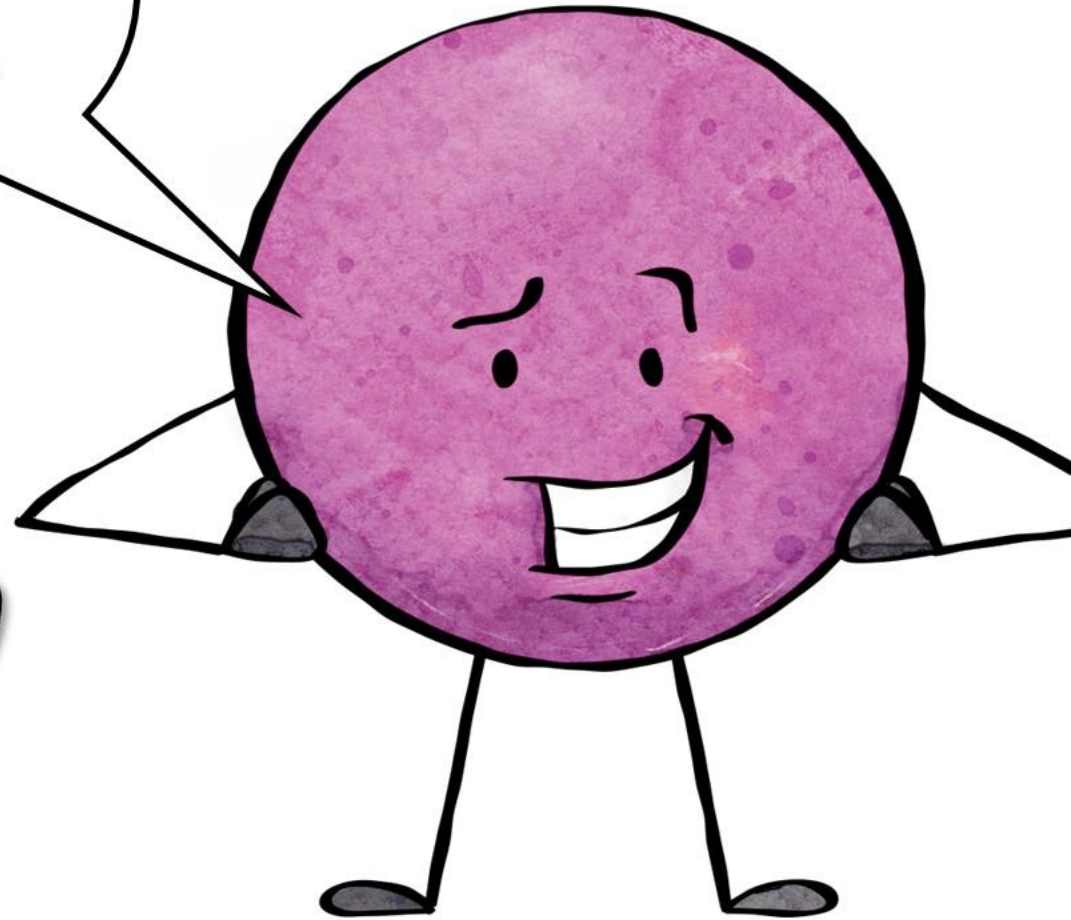
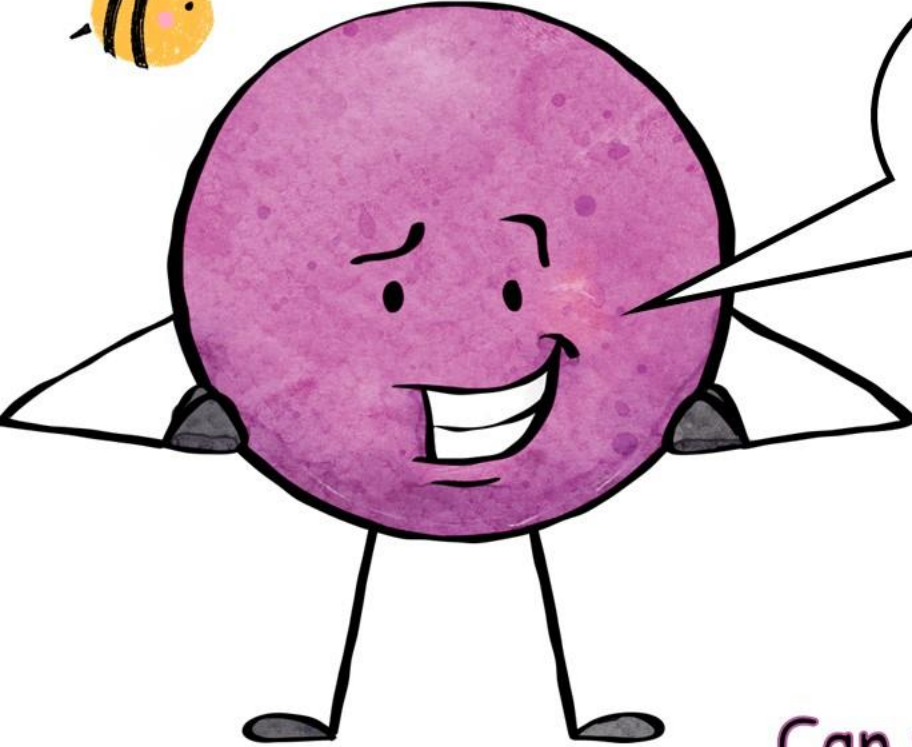


Are you
ready for ...



**MIGHTY
MONDAY**





I am
MIGHTY!



Can you think of any other words
that mean the same or similar to
the word 'MIGHTY'?

Words



Did you
think of any
of these?

brave

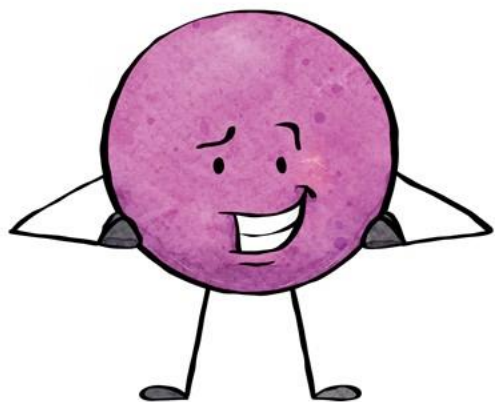
strong

confident

bold

Can you think of a time when you felt like this?

Activities



- Try making the Superman pose just like the dot dude character. Put your hands on your hips and spread your feet apart. Push your chest out. Stand like that for 2 whole minutes. Use a timer, clock, or watch to ensure you do 2 minutes. Try and think to yourself 'I am mighty'.
- Draw a picture of you making the Superman pose.
- Write a few sentences about how it makes you feel after trying the Superman pose.
- Try doing this every day for 2 minutes (not just on a Monday)

Feel your confidence grow!



Affirmations



I am strong

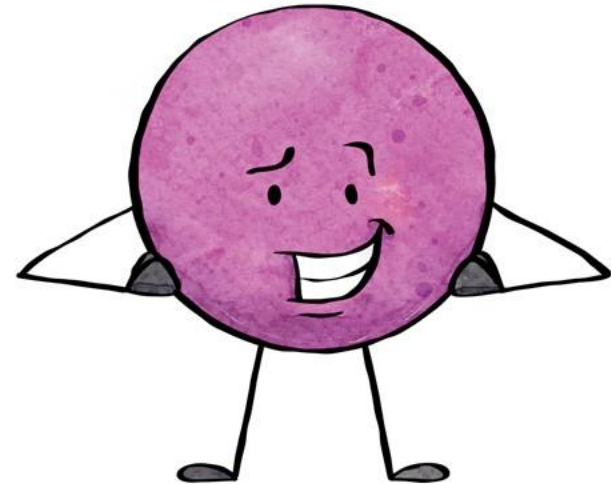
I am brave

I am confident

I am bold

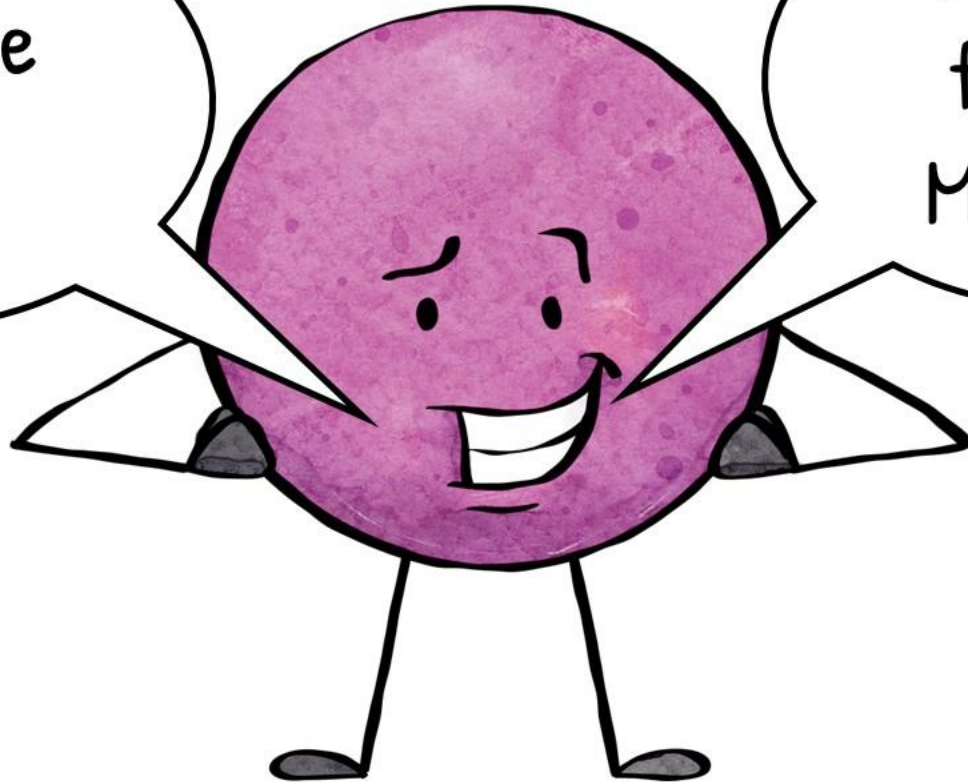
I am mighty

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!



Are you
feeling
MIGHTY?