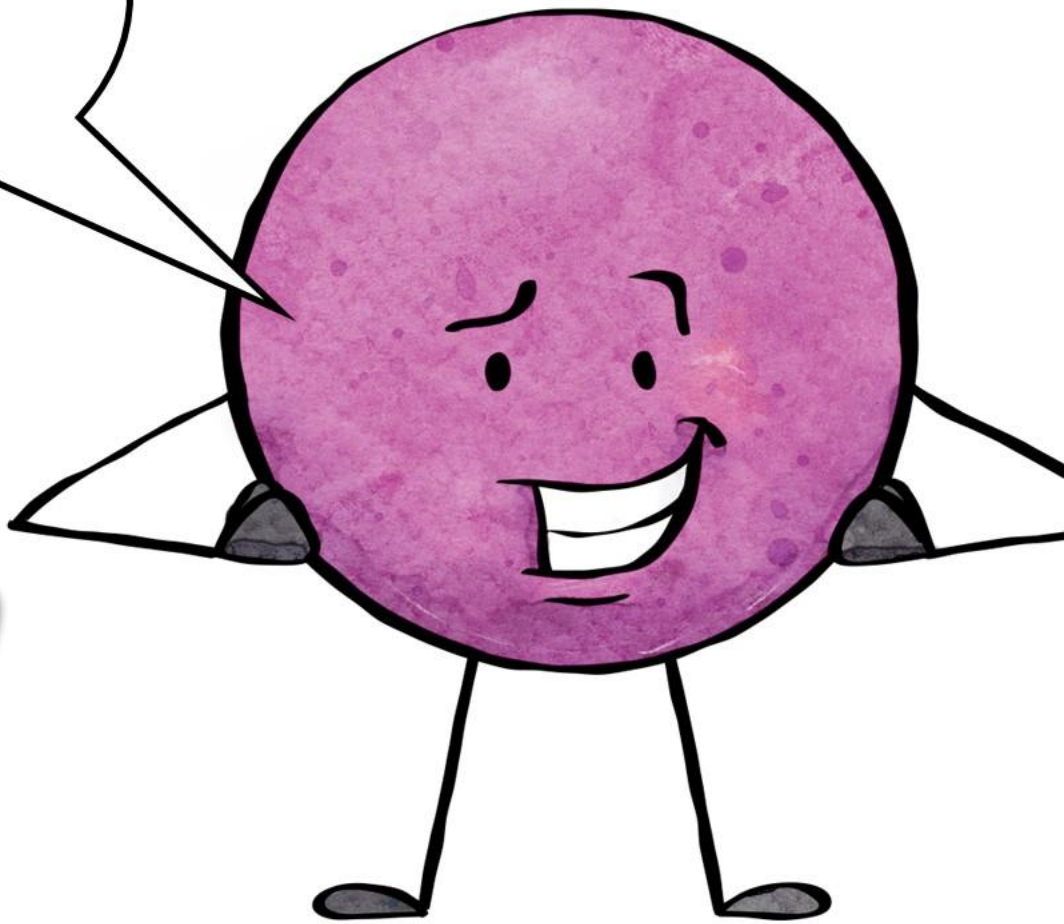
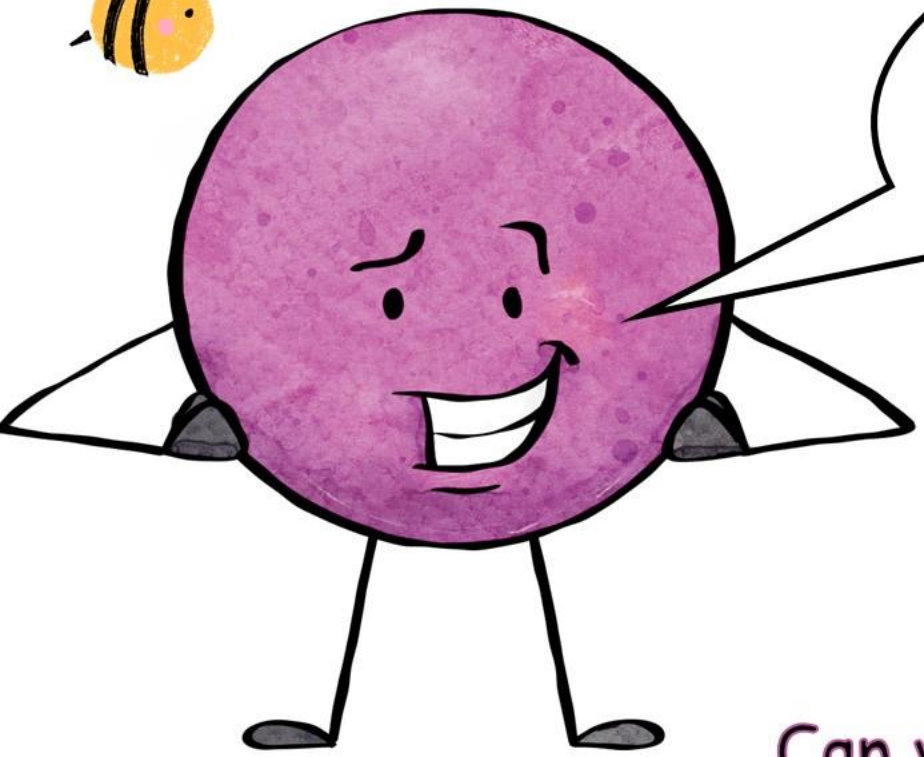
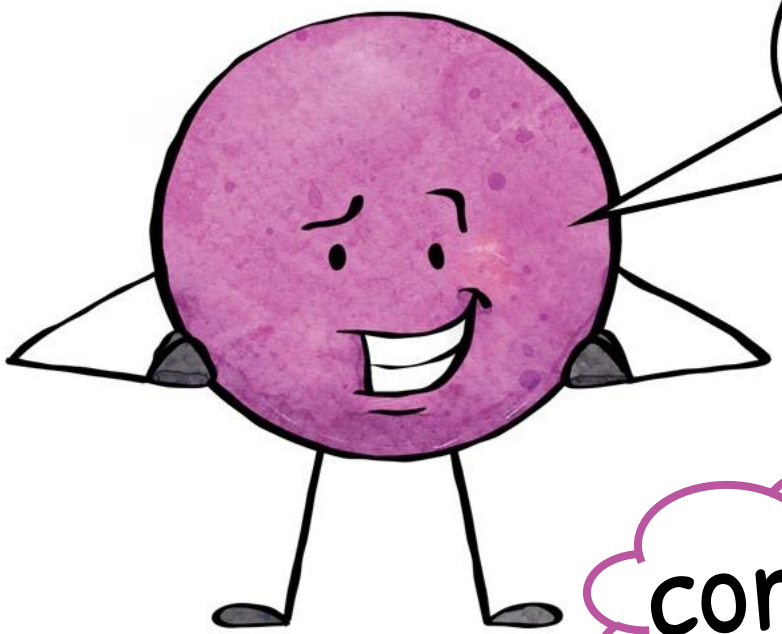


MIGHTY MONDAY



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

Words



brave

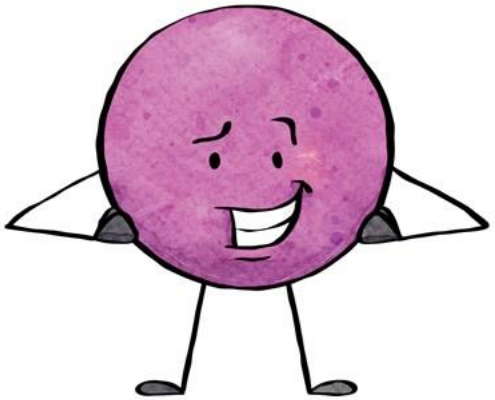
strong

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

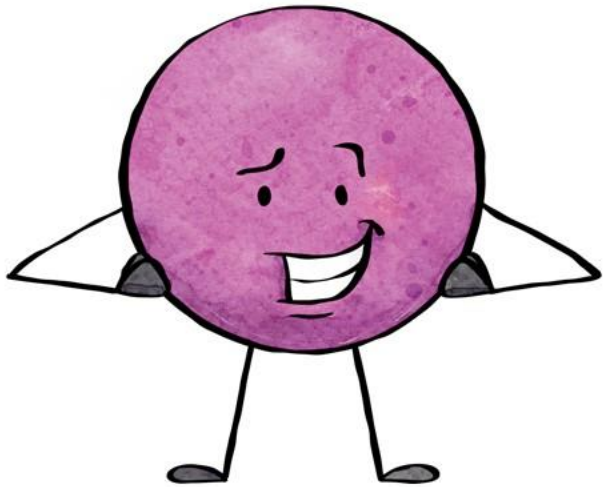
I am brave

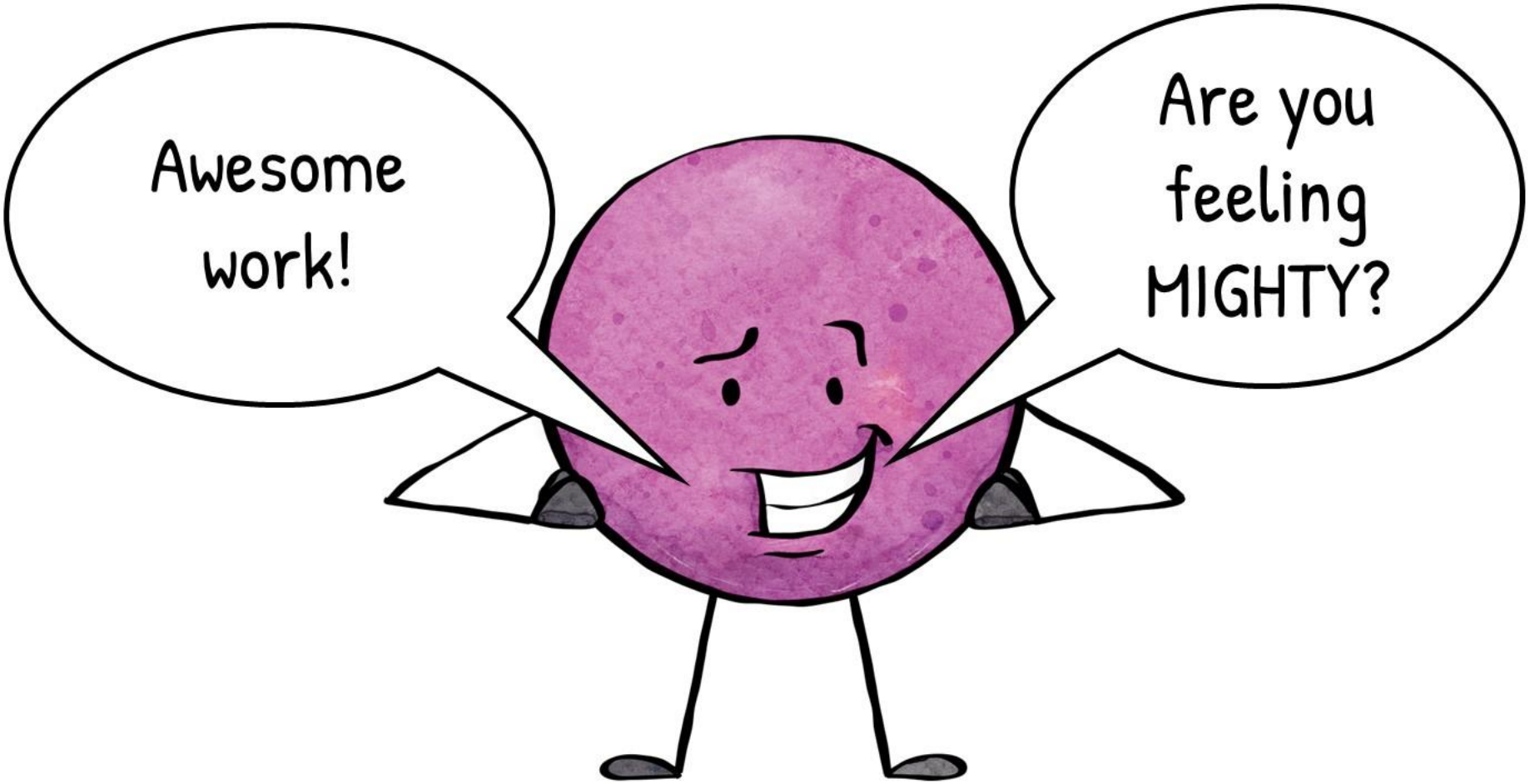
I am confident

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?