



Draw yourself and be sure to include
all the things that make you unique,
inside and out!

Dear Parents, your child recently met children's author, Hannah Carmona Dias. Her book, BEAUTIFUL, WONDERFUL, STRONG LITTLE ME, is currently available to order on Amazon and EifrigPublishing.com You can find more information at www.hannahcarmonadias.com



The character in the book uses a variety of positive words to describe herself.

Trace and decorate the words below.

Next cut out the cards.

Lastly, hang them in places where you will see them everyday and remind yourself of your inward strengths!

BRAVE

PROUD

GIVING

SMART

STRONG

KIND