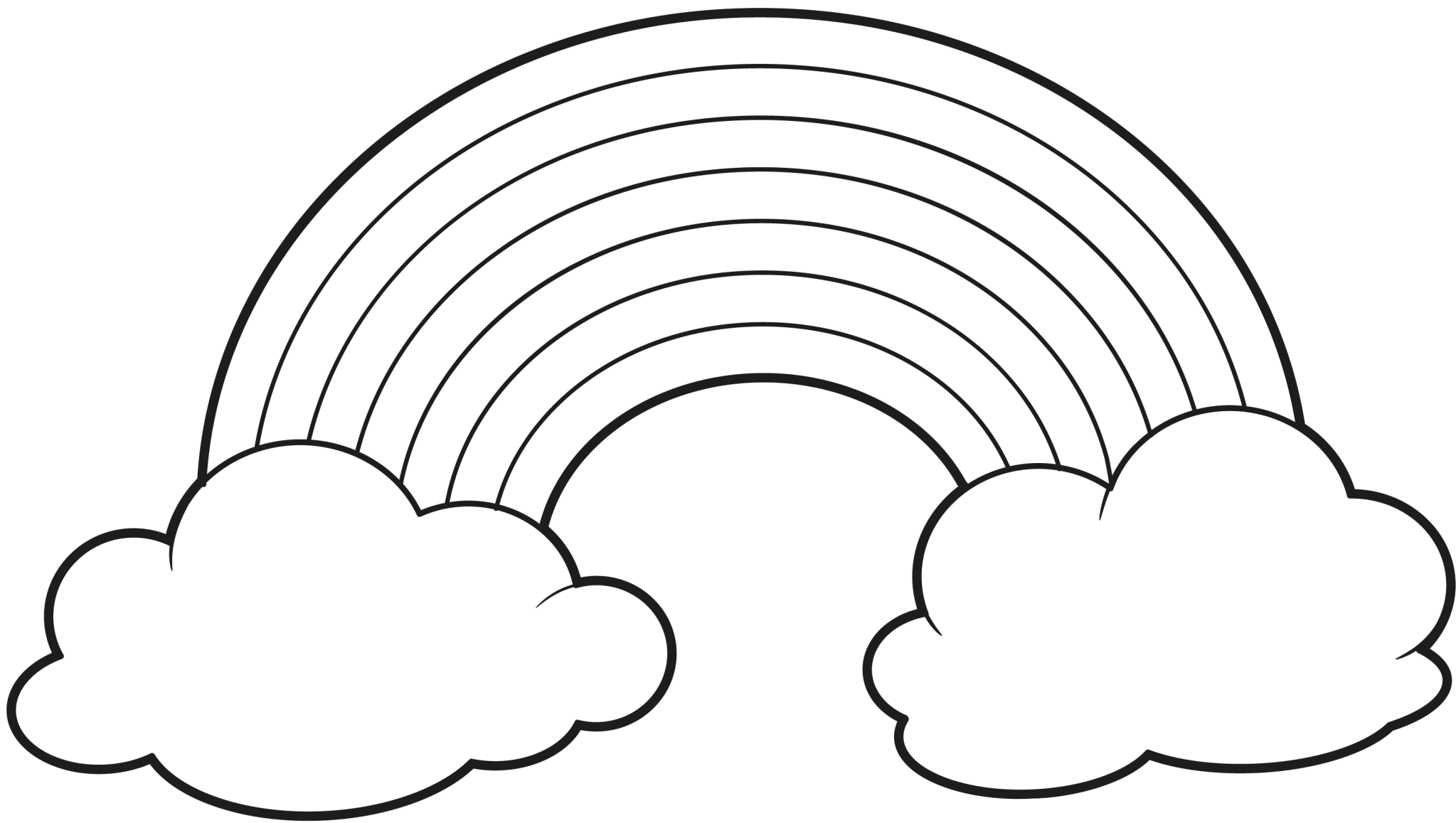


- **Activity: I Am Enough**

- Discuss the children's strengths and what it means to feel happy and confident about who they are.
- Have students color and then cut out the rainbow worksheet.
- Discuss the affirmations on the heart worksheet.
- Have students cut out the affirmations they connect with the most.
- Use yarn to hang the hearts from the clouds.
- Add a piece of yarn to the top of the rainbow so it can be hung up as a daily reminder for your students.





I am brave.



I am kind.



I can do it.



I am loved.



I am smart.



I am enough.



I believe in me.



I am strong.



I am happy.



I am growing.



I'm important.



I am creative.