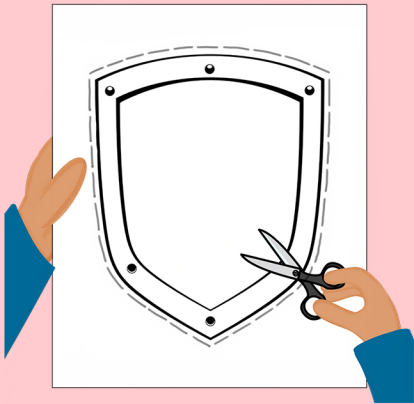


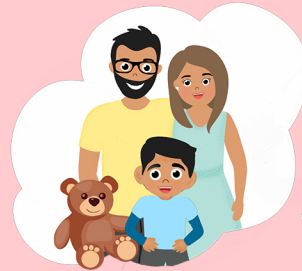
Symbol of Strength

We all have the strength inside us to feel better during tough situations. Here is a way to turn on your strength when you need it!



1

Draw a shield and cut it out



2

What are things that make you feel strong?



3

Draw them on your shield



4

This is your symbol of strength!

Remember your symbol when you need to feel strong!