

Stand Like a Superhero

You're off on a new adventure! And you're the hero of your own story. So sometimes you just need to strike a superhero pose!

Sesame Street
for Military Families
Transitions

Here's how you do it: Stand straight and tall. Put your hands on your hips, keeping your arms wide.

Then call out loudly: I am strong! I am smart!
I am reliable! I am brave! I am an adventurer!

Color in Super Grover. Then color in yourself.

Now complete your own superhero sentences here and shout them out loud as you do your superhero pose:

I am _____!

I am _____!

I am _____!

