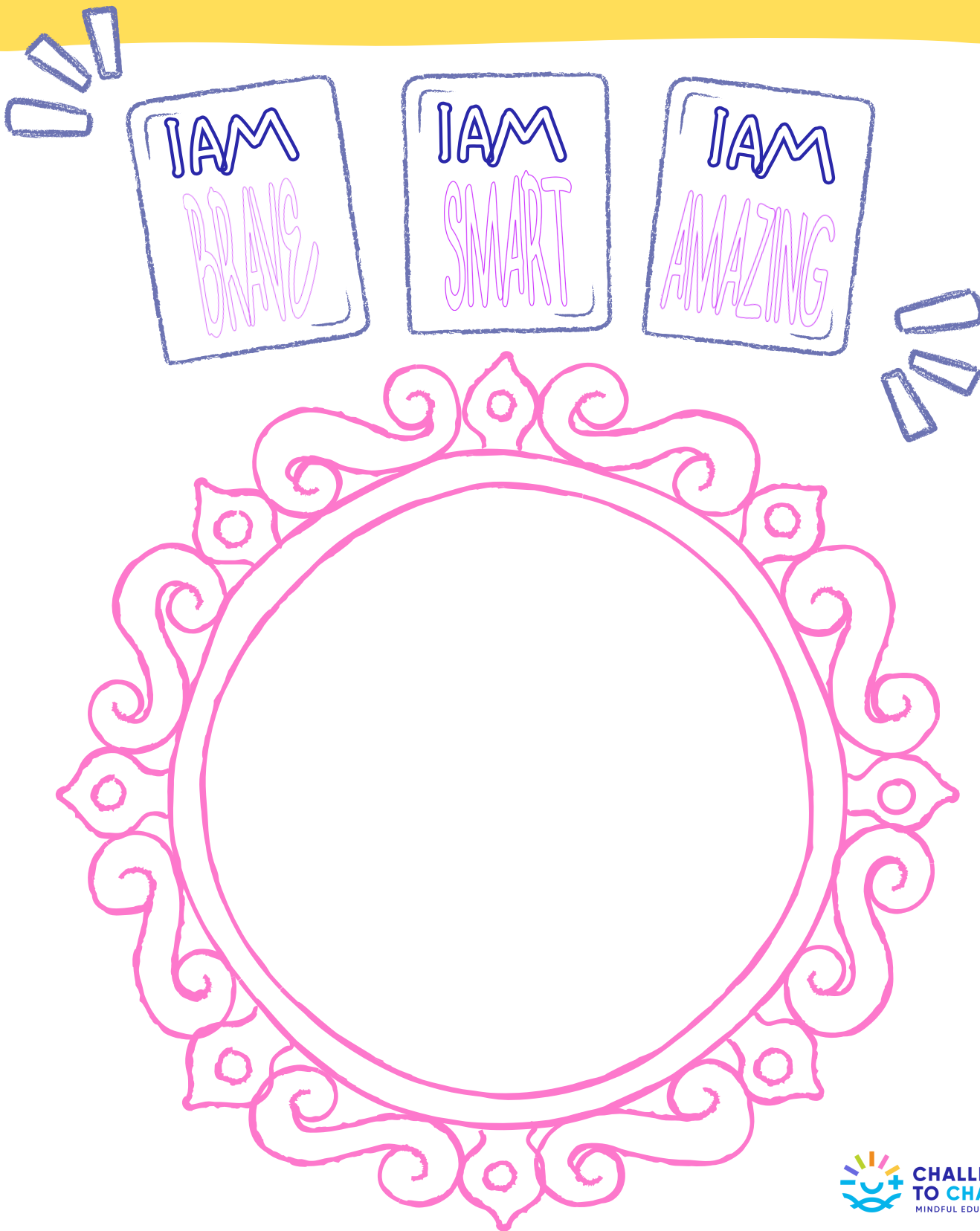


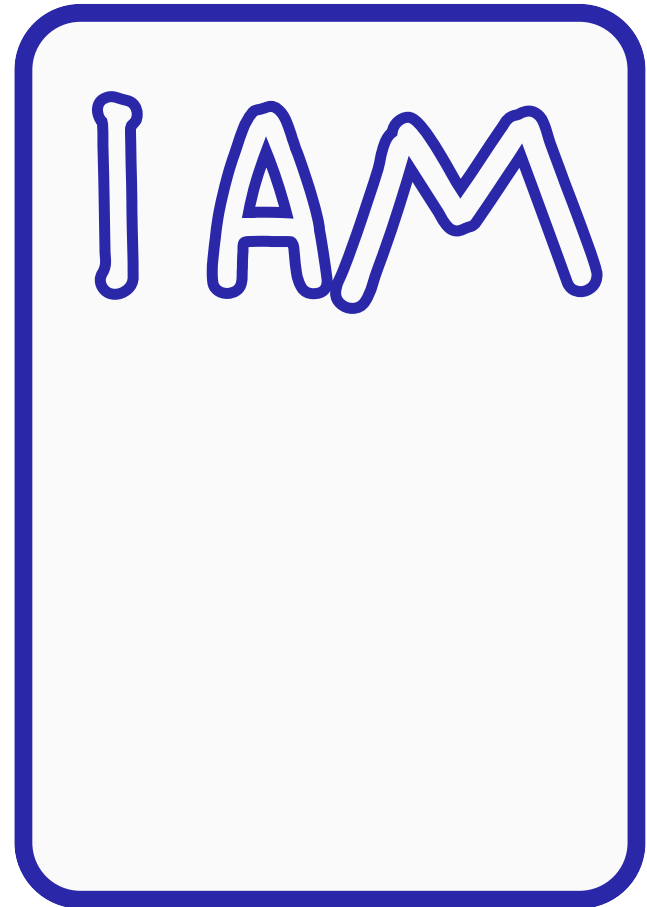
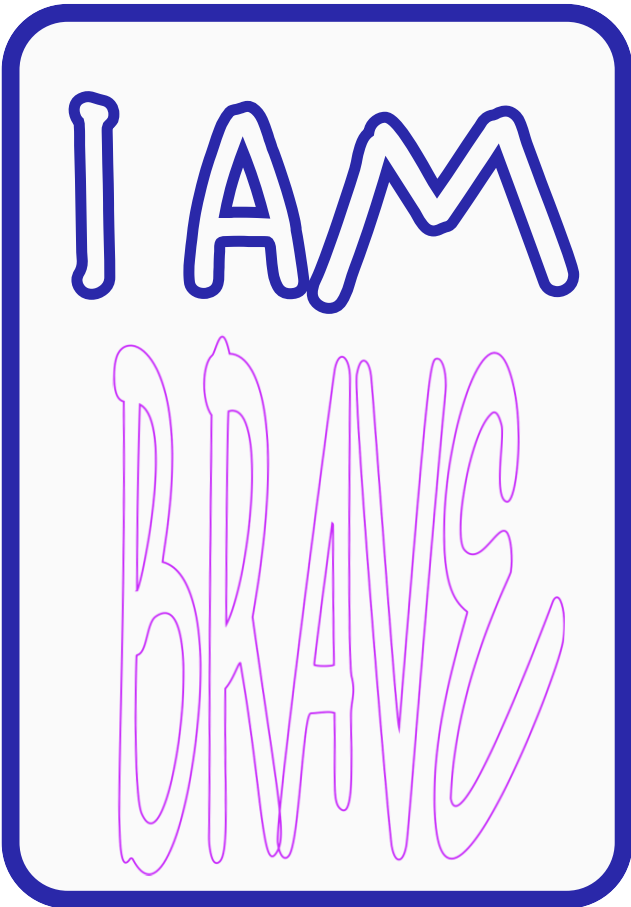
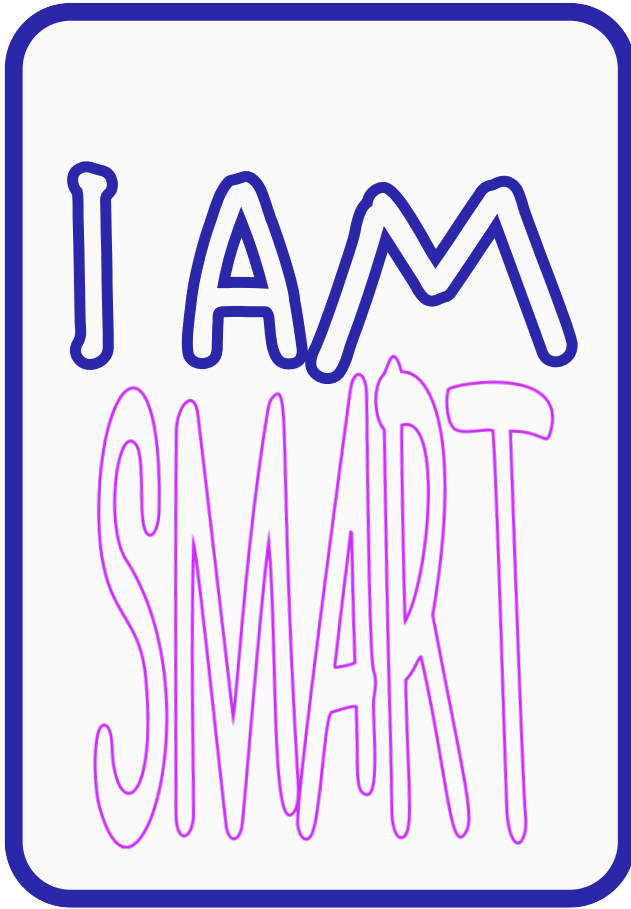
"Empowered Reflections: Celebrating Ourselves and Each Other!"

Directions:

- Connect with a partner (parent, guardian, or friend) to work with you.
- Draw each other inside the mirror below. As you draw, think about your partner's best qualities and what makes them special.
- Color in the affirmations around the mirror to make them your own.
- When you're done, hold up the worksheet like it's a mirror, and take turns saying the affirmations out loud. Celebrate the amazing qualities in yourselves and each other!



Create your own affirmation cards by filling in blanks with personal affirmations, decorating them, and cutting them out.



I AM

I AM

I AM

I AM

Empowering Eloise Activity

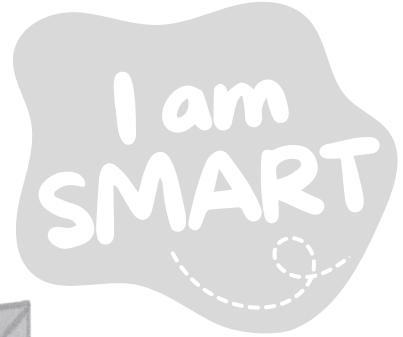
Fill in the "I am" statements with other affirmations like the statement Eloise used in the book. What are some affirmations that might help you to feel empowered?

I am

I am



I am



I am

I am



I am

I am

I am

I am

I am

I am



I am

I am

I am

I am

Empowering Eloise Activity

In the book Empowering Eloise, her mom shows her how to use affirmation cards. Make your own set of affirmation cards that you can use!

