

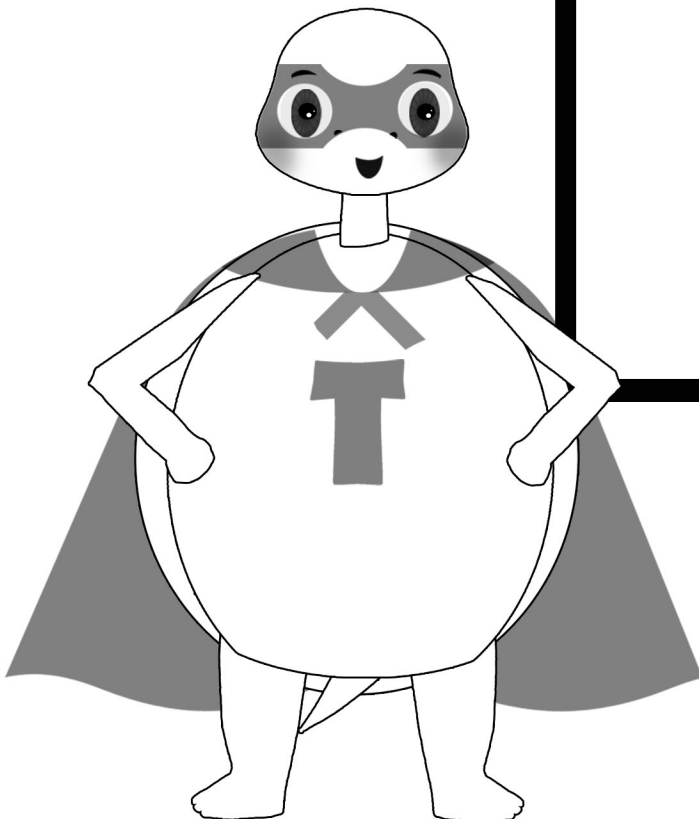
Act Like A Brave Superhero

You can also
become a superhero.

Stand up tall with your legs
apart, bring your shoulders
back, lift up your head,
and put your hands on your hips.

Say out loud
"I AM STRONG!"

Say it again using
a convincing voice.
Hold that pose
for 2 minutes
and see how you feel.



Draw yourself as a Superhero