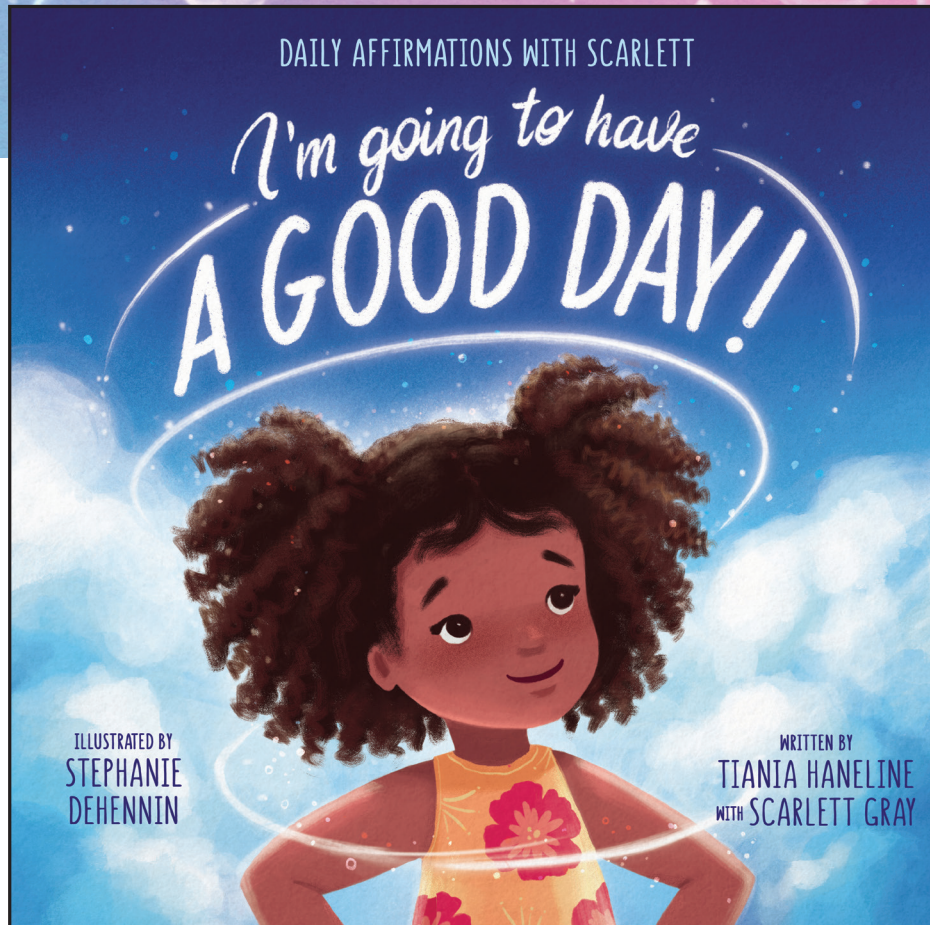


ACTIVITY KIT

978-0-310-77129-6



I'M GOING TO HAVE A GOOD DAY! Daily Affirmations with Scarlett

Written by **TIANIA HANELINE** with **SCARLETT GRAY**
Illustrated by **STEPHANIE DEHENNIN**

EVERY MORNING as her mom brushes her hair, Scarlett recites her daily affirmations. Those powerful words travel with her throughout her day, helping her replace negative thoughts with positive ones and live out the truth that she is beautiful, strong, brave, kind, and worthy of love.

Based on the daily routine of social media star Scarlett Gray Smith and her mom, Tiana Haneline, this uplifting and inspiring picture book helps young readers uncover the power of daily affirmations and create their own positive statements.

Positively You

I Am Beautiful! I Am Strong! Daily affirmations remind and empower you to be your very best self! Draw a picture of yourself demonstrating this affirmation.



Affirmation Bracelets

Wear these bracelets and share them with friends!



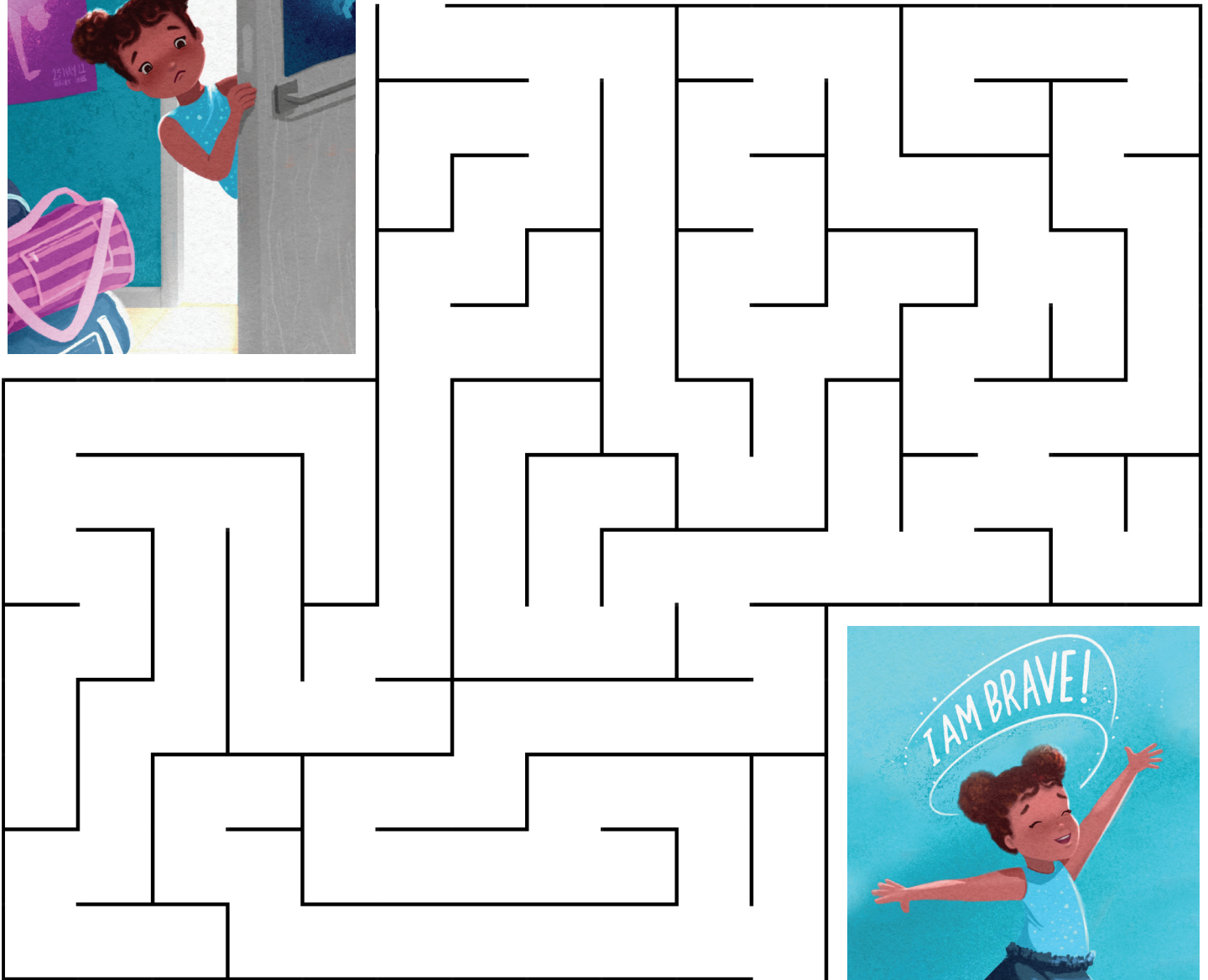
Wrap around a wrist and tape to secure.

Maze

Sometimes we feel shy because we don't know what we're supposed to do.
But when we tell ourselves "I am brave!" we can do anything!
Help Scarlett find her way from shy to BRAVE!



Start



I Am Brave!

I Am . . .

Here are some of Scarlett's favorite affirmations:



Write some affirmations of your own!

I am _____

I am _____

I am _____

I am _____

I am _____

Say these aloud each day!

1-2-3 Me!

Describe three ways you demonstrate each of these affirmations.



I am brave!

1. _____
2. _____
3. _____

I am kind!

1. _____
2. _____
3. _____

I am strong!

1. _____
2. _____
3. _____