

Singalong Saturdays

Play Along!

Song: If You Want to Be Strong

Step One: Watch the song, and sing along! (<https://youtu.be/SFqJYdG86jw>)

Try this Next!

Check out one of Ms. Jenny's favorite books, *Strictly No Elephants* by Lisa Mantchev (<https://www.youtube.com/watch?v=9Cqohr32tlU>)

Take a Look!

Superheroes have courage, and you can too! "Have Courage and Be Fearless" (<https://www.youtube.com/watch?v=o1CxKPrK5GY>)

Sing Along with Mister Rogers in "Be Brave, Be Strong" (<https://www.youtube.com/watch?v=SVT4zylzBCo>)

Talk About It!

Having courage and being brave takes practice. Think about the questions below and how you can become more courageous. You are strong!

- 1) When in my life have I shown courage?
- 2) What area of my life do I need more courage right now?
- 3) Who can I ask for help to show courage?

Creative Challenge: Superheroes are BRAVE

Popsicle Stick Superhero

Create a tiny superhero version of yourself with a shield and design that represents something you believe in!

What you will need:

- Popsicle stick
- Assorted paper
- Glue
- Scissors
- Fabric Scrap



- 1) Cut out the shape of the hair, face, shield, and emblem to go on the front. Think of what you believe in to represent your super hero. Do you believe in love, peace, equality, fairness or being kind to others? Think of a design that means those things to you.
- 2) Once you have your little pieces cut, you will want to assemble them onto your popsicle stick using glue. Super glue or hot glue works best.



3) Find a piece of fun fabric to add for the cape on the back!



Now you have a tiny pocket-sized superhero version of yourself that you can look to when you need to feel brave!