

# I Am Somebody

Cut apart these cards and keep them in an envelope. Children can pick one at random as a morning or bedtime ritual (or keep them in your bag or glove compartment to use anytime). Read the card aloud, ask your child to repeat it, say it together, and try chanting it or singing it, too! Write your own on the blank squares, and make as many more as you like. You can also leave them as notes for your child to find.



I am strong in my skin.

I am

\_\_\_\_\_,  
and that's enough!

I am important.

I am always learning.

The little things I do  
add up to a lot.

I am growing every  
day in every way.

Lots of people love me.

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