

You Are A



written by
Lauren Grabois Fischer

illustrated by
Devin Hunt

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You wake up each day
with a choice;

SMILE
Or frown



FACE THE WORLD
Or go back
to bed




You may be one person
among many but...

You are a
SUPERHERO

You are IMPORTANT





**BE
POSITIVE!**

**BE
RESPECTFUL!**

**BE
BRAVE!**

**BE
YOUR BEST
SELF!**

Choose wisely what you **SAY**

I Love
You

Please

I am
Sorry

Thank You

Excuse
me

I forgive
you

You are
beautiful



Because the **WORDS** of a

SUPERHERO are **POWERFUL**

Choose WISELY
what you do

Because the ACTIONS of a
SUPERHERO
can CHANGE THE WORLD




SUPERHEROES can be **STRONG**
But they are
GENTLE with their touch

SUPERHEROES can be tough
But they share
LOVE everywhere

SUPERHEROES leave the
world better than how
they found it





**BE
POSITIVE!**

**BE
RESPECTFUL!**

**BE
BRAVE!**

**BE
YOUR BEST
SELF!**

PLANT
trees

CLEAN UP
your mess

HUG OTHERS and
make them LAUGH

Do your very
BEST



Being a
SUPERHERO
is quite a lot of work

YOU can do it
YOU can do
anything




The world is so lucky
to have you in charge

You **WILL** make this
world a better place

Be the best
SUPERHERO
that you can be





**BE
POSITIVE!**

**BE
RESPECTFUL!**

**BE
BRAVE!**

**BE
YOUR BEST
SELF!**

Always be yourself

And be proud
of who you are

Every **SUPERHERO**
is UNIQUE

Every **SUPERHERO**
is BEAUTIFUL
in his or her own way



Are you a SUPERHERO?

Do you treat others with respect? Do you take care of the ones you love?
Are you responsible and reliable? If you answered yes to any of the above...

YOU ARE A SUPERHERO!

To Michael,
Isaac and Mollie -
for your love
and support



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ISBN 978-0-9862532-2-5

Printed In China

ISBN 978-0-9862532-2-5 9 0000 >



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