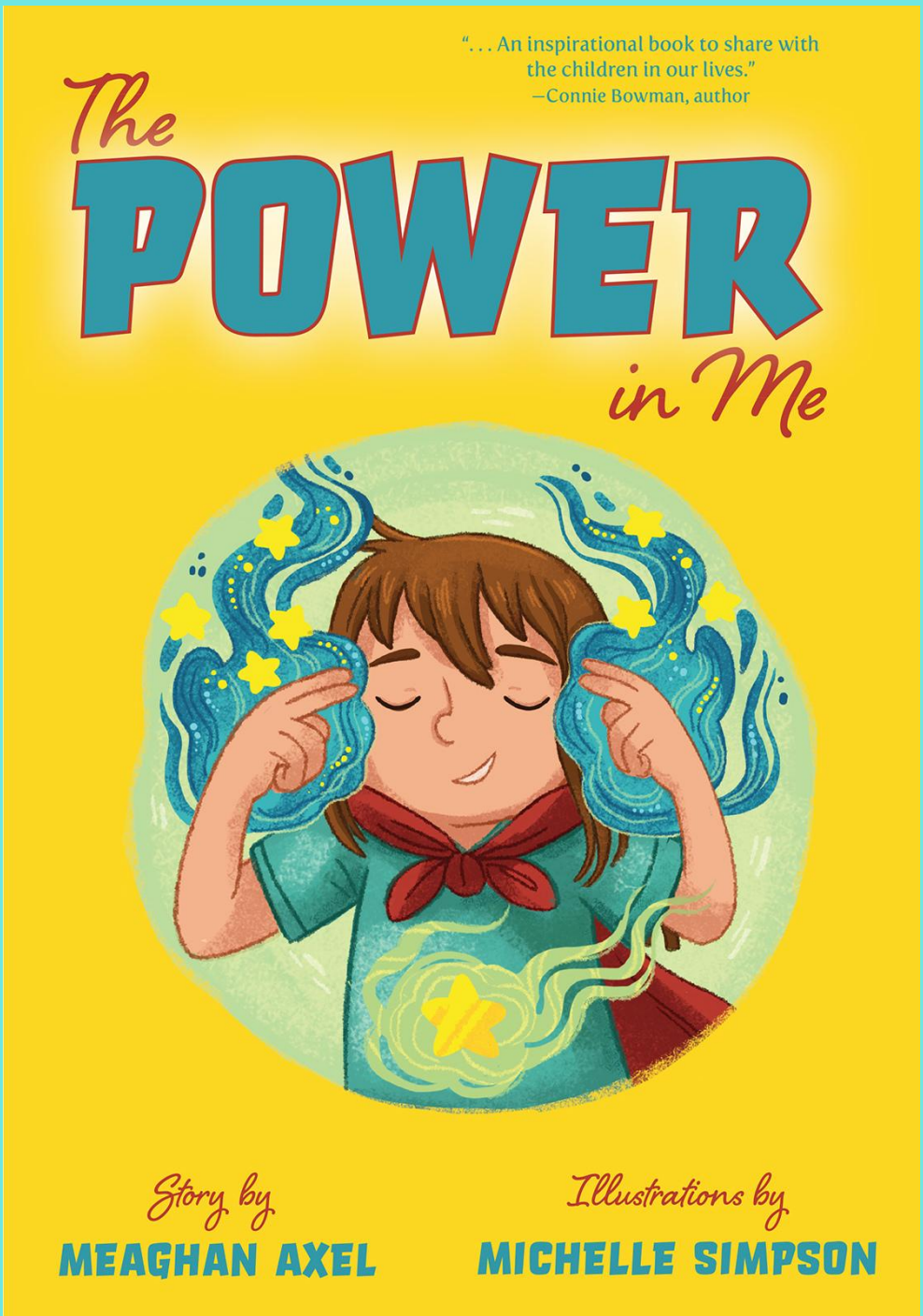
The Power in Me
Learning Activities



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Joyful Breath Press

THE POWER IN ME
FINDING YOUR POWER

NAME

DATE

Now that you know how to find your power, draw a picture of yourself using it to fight your fears!

I AM STRONGER THAN MY DOUBTS.

"You don't have to listen
to your doubts any longer.
Their voices are strong,
but you are much stronger."

THE POWER IN ME
RESPONSE QUESTIONS

NAME _____ DATE _____

1 How does the little girl feel in the beginning of The Power in Me? What details from the story help you understand how she feels?

2 How does the little girl find her power? How does she feel once she finds it?

3 What makes you feel anxious or worried? What can you do next time you notice these feelings?

4 Circle the breathing exercise from the end of the book that works best for you:

THE POWER IN ME
WORD SORT

NAME _____ DATE _____

The Power in Me teaches you to use your breath to fight your fears!

Circle all the words that make you feel stronger than your doubts. Put an X through the words that make you feel stressed.

concerns

burdens

fears

peaceful

clear

relaxed

dread

troubles

calm

doubts

focused

chill

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