You’re off on a new adventure! And you’re the hero of your own story. So sometimes you just need to strike a superhero pose!

**Here’s how you do it:** Stand straight and tall. Put your hands on your hips, keeping your arms wide.

**Then call out loudly:** I am strong! I am smart! I am reliable! I am brave! I am an adventurer!

Color in Super Grover. Then color in yourself.

Now complete your own superhero sentences here and shout them out loud as you do your superhero pose:

I am ____________________________________________!

I am ____________________________________________!

I am ____________________________________________!