

Today's Lesson

HOW TO LISTEN TO YOUR HEART

1. *Do things you like that make you feel really good inside, no matter what your friends say.*
2. *Have fun and do your best.*
3. *Remember that you are good enough just as you are.*
4. *Share your feelings with a parent or trusted adult.*
5. *It's okay to be different.*
6. *Every day say to yourself, "I am special."*
7. **BE PROUD OF WHO YOU ARE !!!**

From the book *Howard B. Wigglebottom Listens to His Heart*,
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