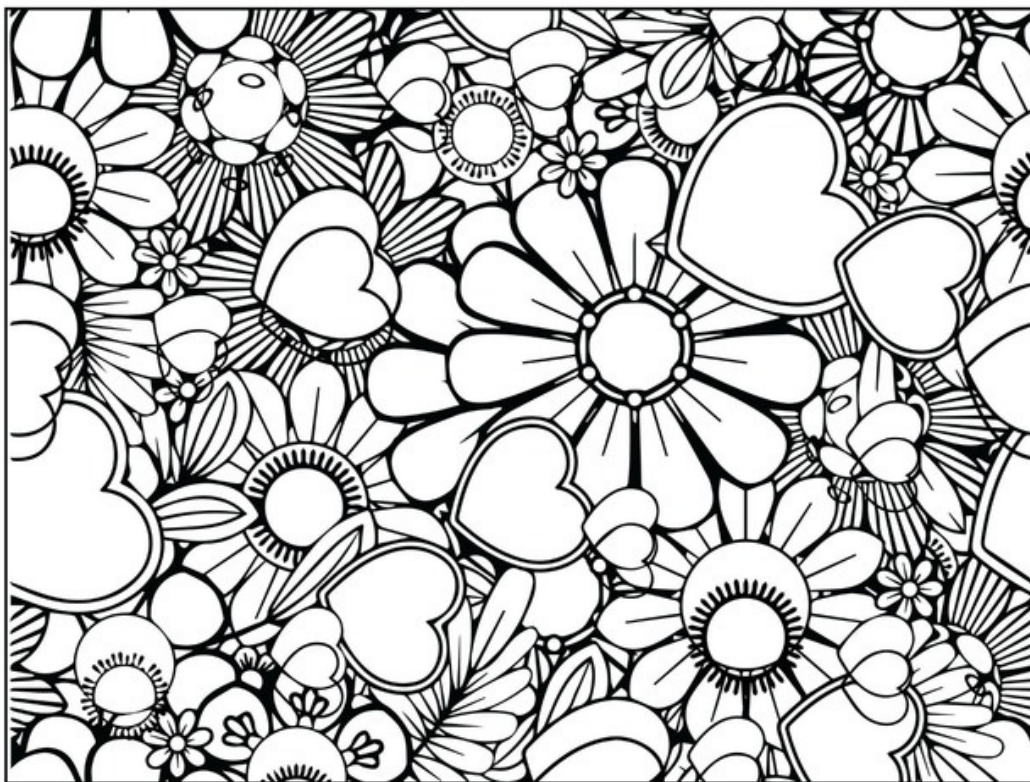


The Workbook of Human Superpowers coloring pages



Mayra Porrata & Kristie Prett-Frontczak

The **Workbook** of Human Superpowers coloring pages

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**Dedicated to parents, caregivers,
and educators & professionals who
inspire, lead, and serve others.**

These superpowers promote our wellbeing across the lifespan

Adaptability

Advocacy

Appreciation

Attention

Bravery

Charity

Civility

Compassion

Creativity

Curiosity

Discernment

Empathy

Engagement

Fairness

Forgiveness

Gratitude

Honesty

Hope

Humor

Kindness

Love

Love of Learning

Patience

Persistence

Reliance

Resilience

Responsibility

Self-Regulation

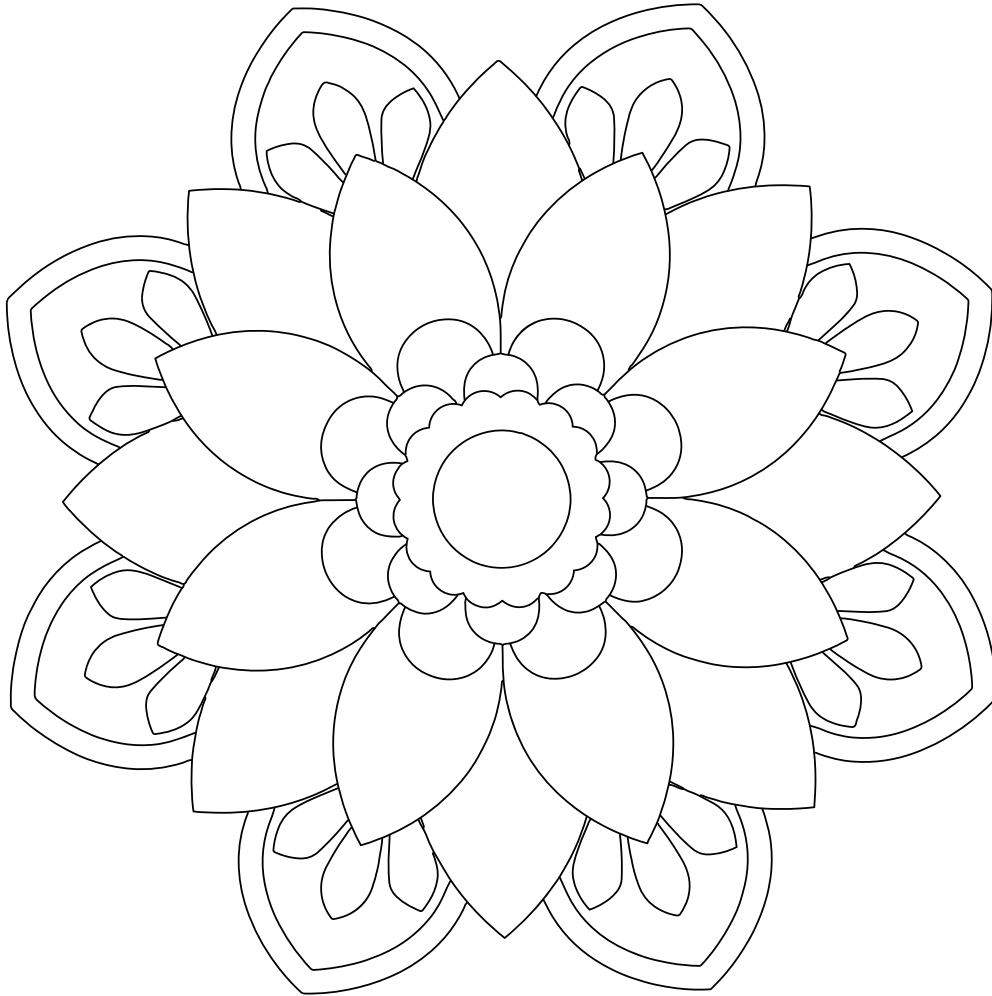
Teamwork

Tolerance

Trust

Zest

ADAPTABILITY



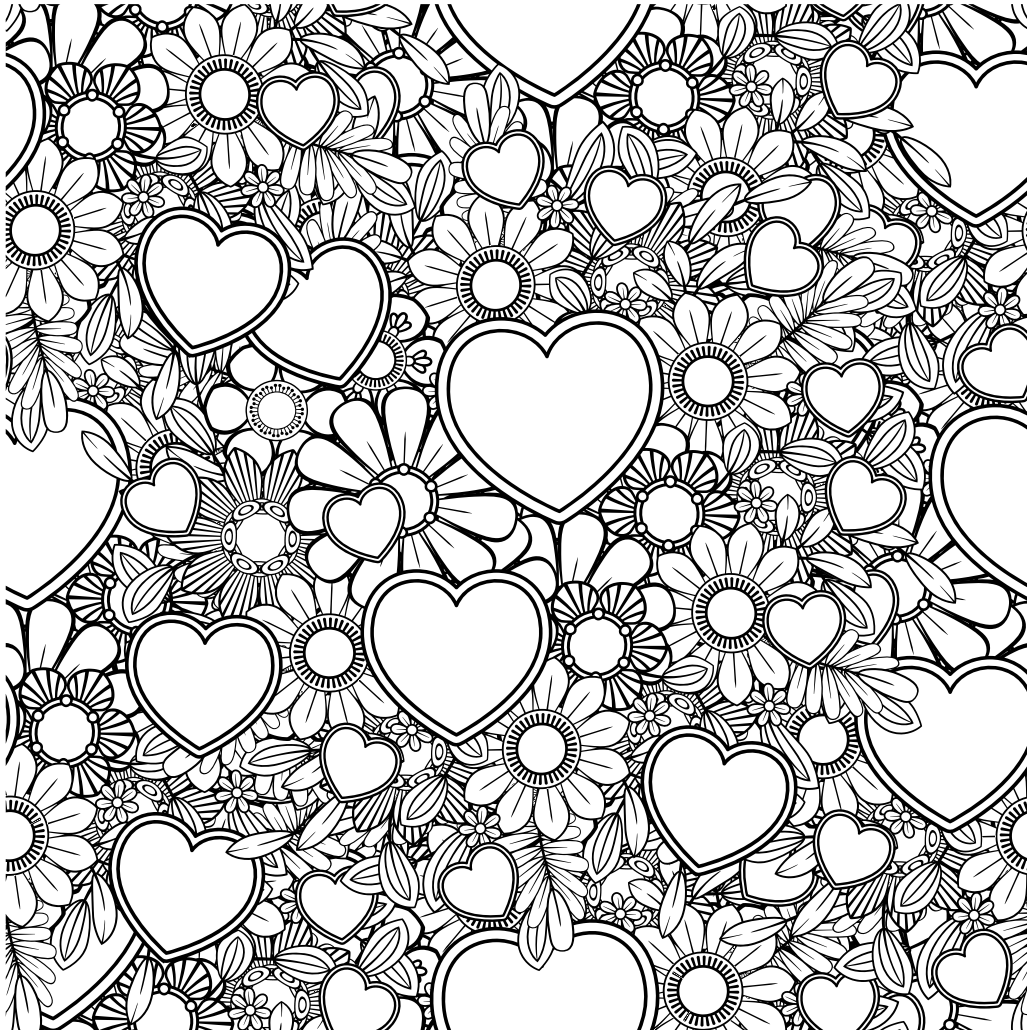
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ADVOCACY



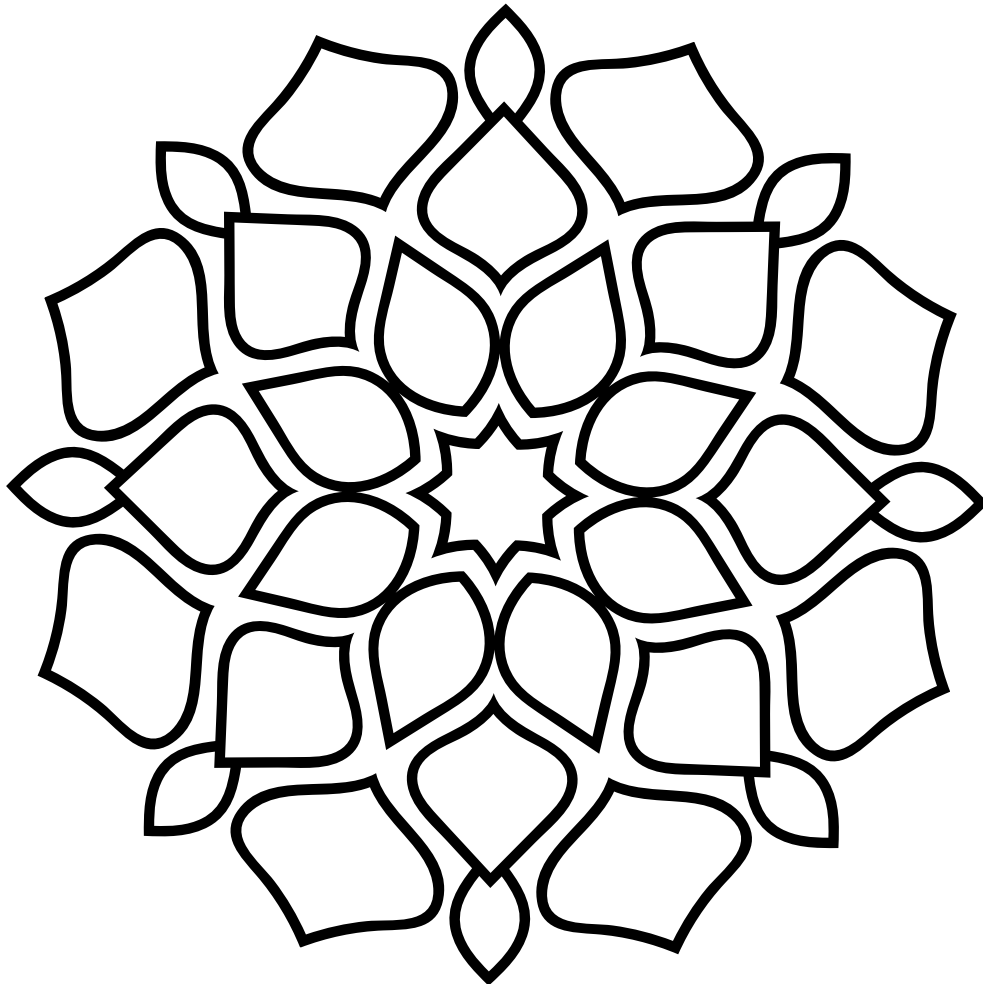
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APPRECIATION

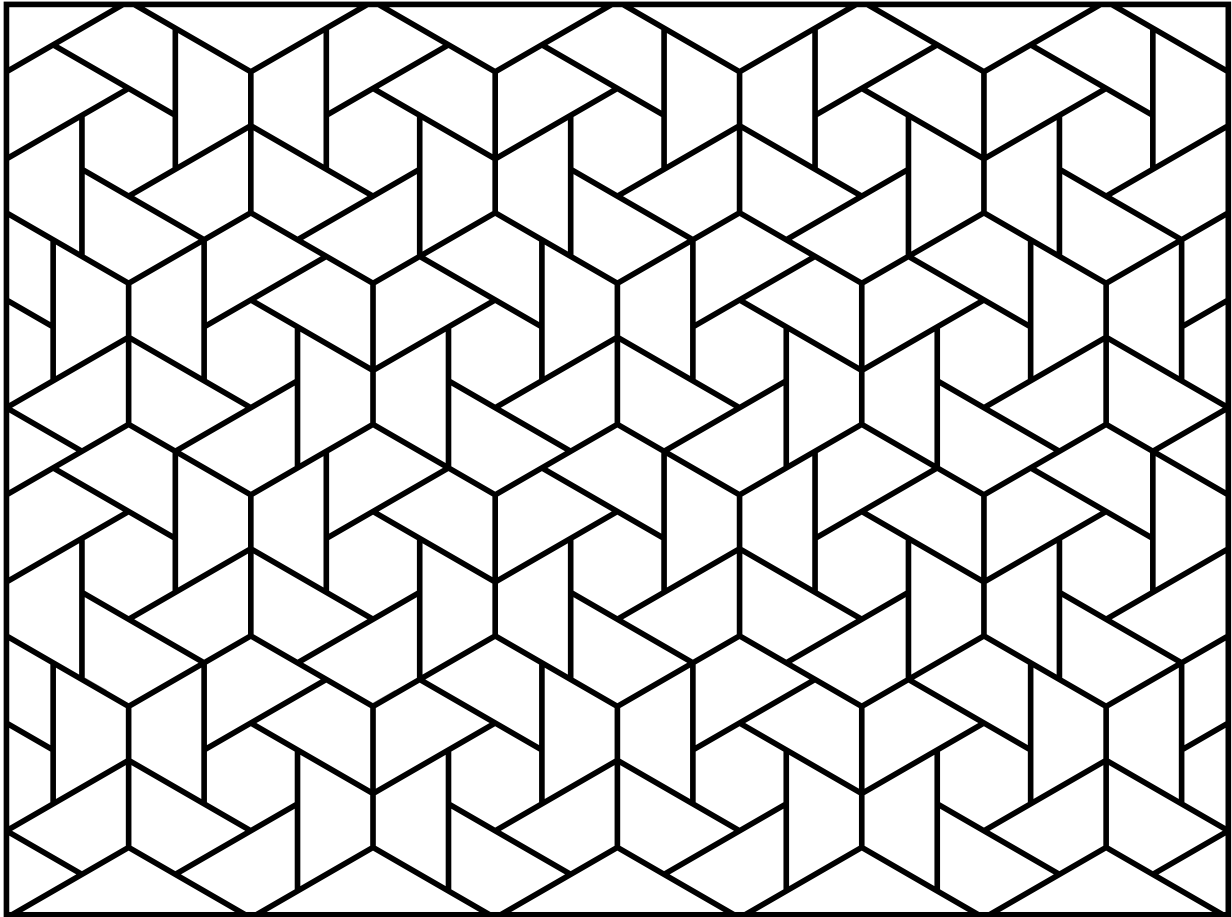


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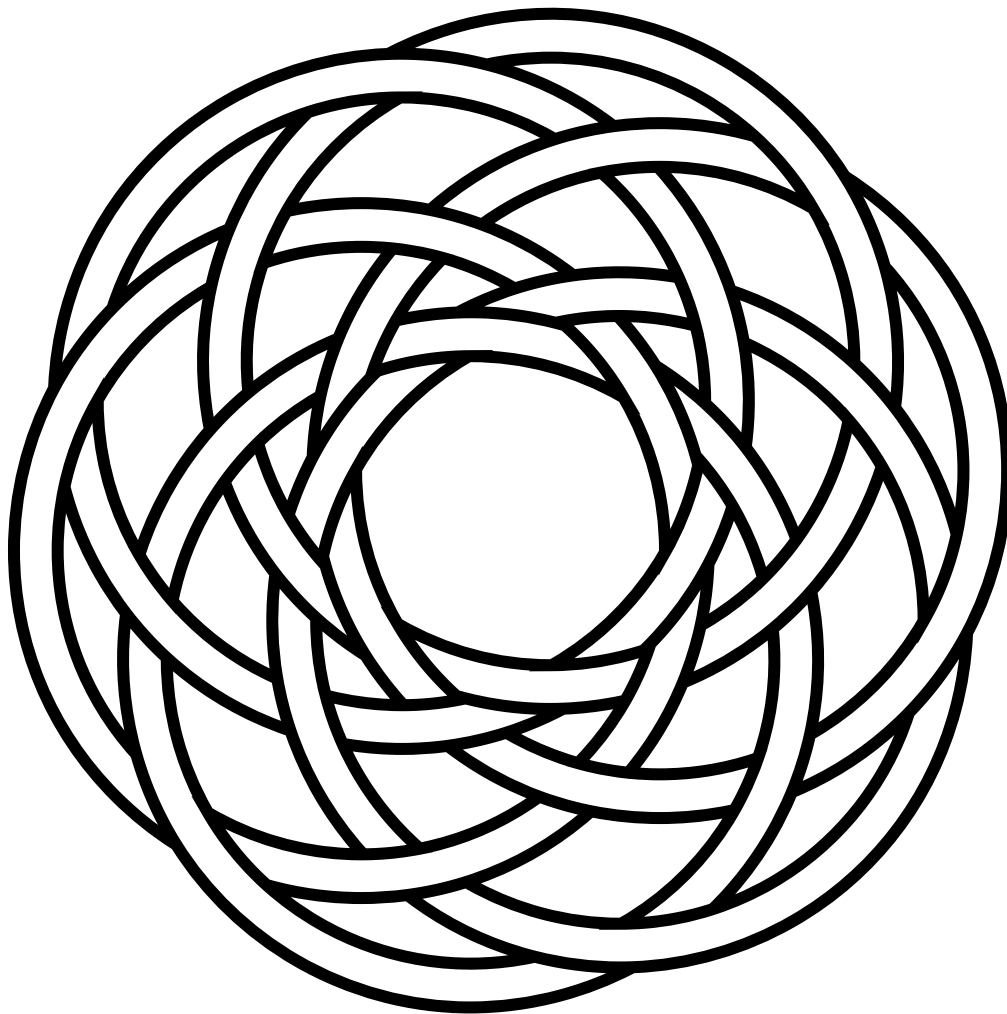
ATTENTION



BRAVERY

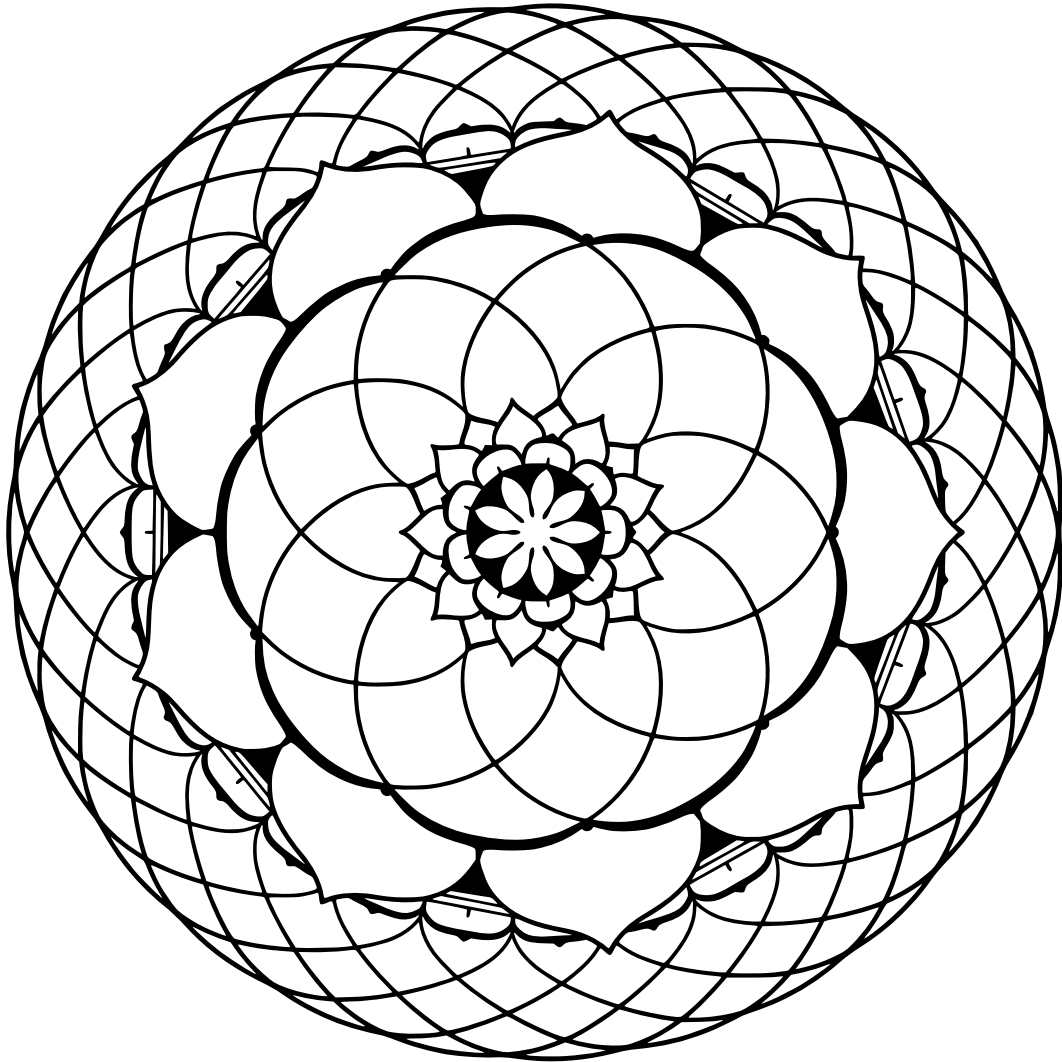


CHARITY



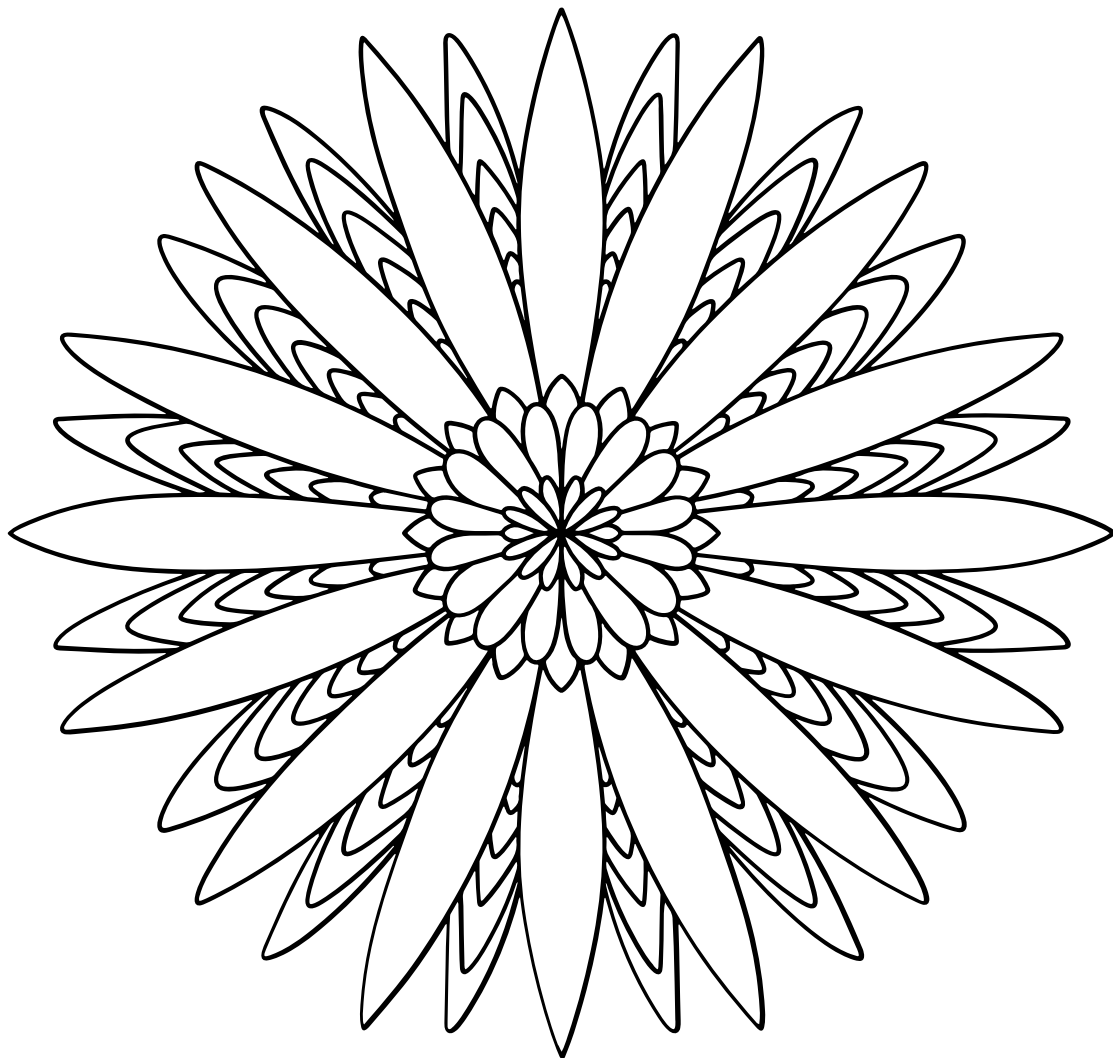
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CIVILITY



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COMPASSION



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CREATIVITY



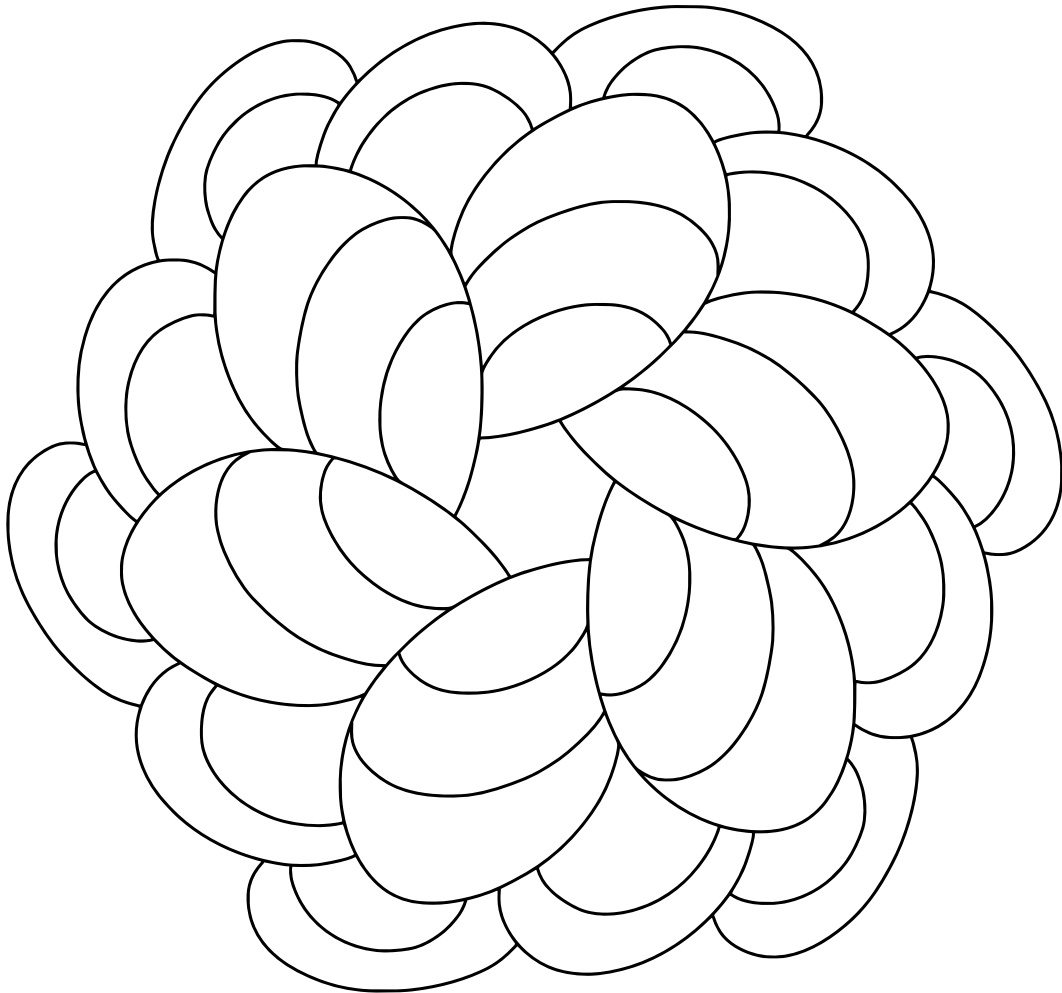
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CURIOSITY



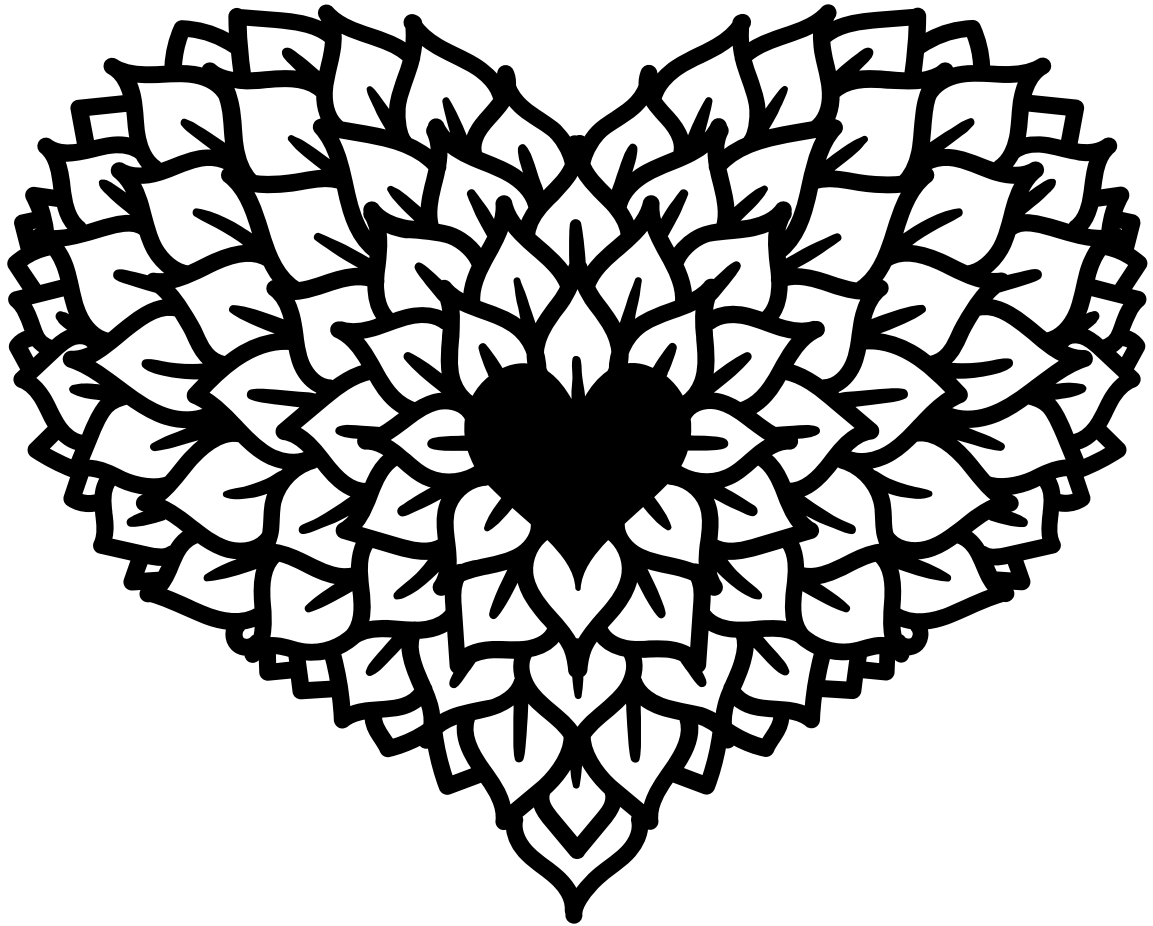
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DISCERNMENT



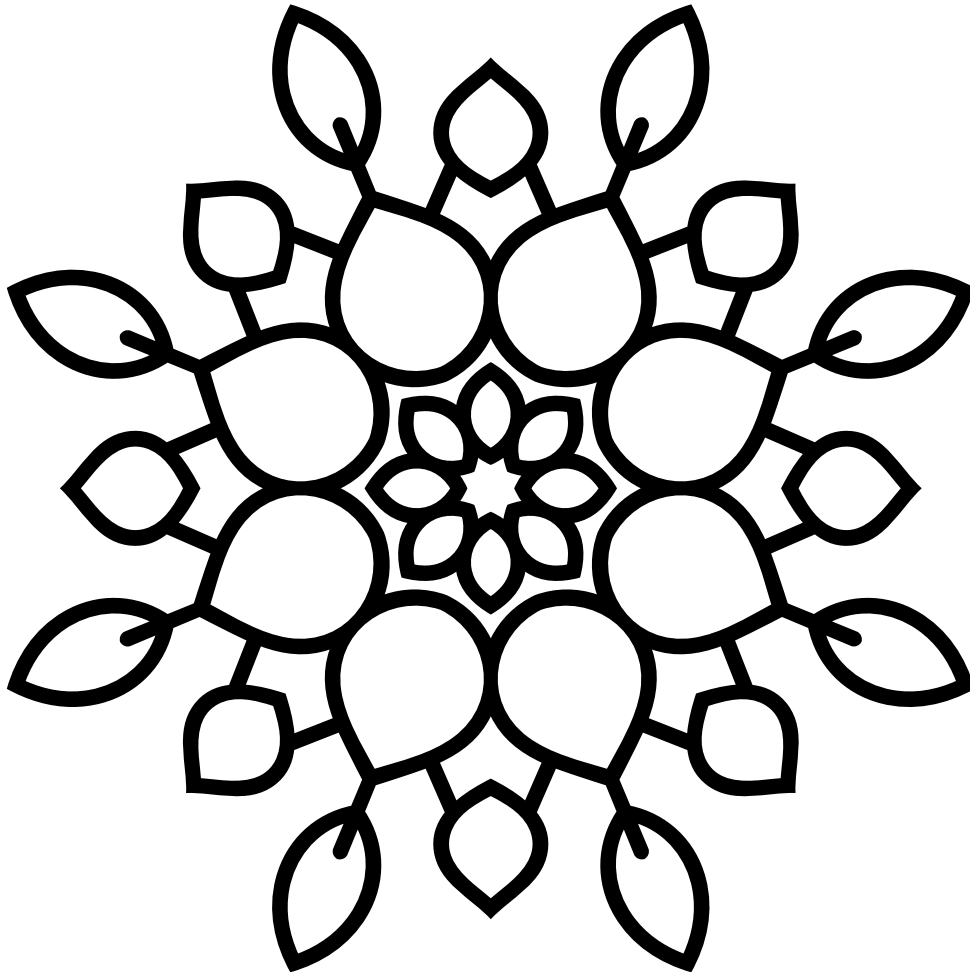
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EMPATHY

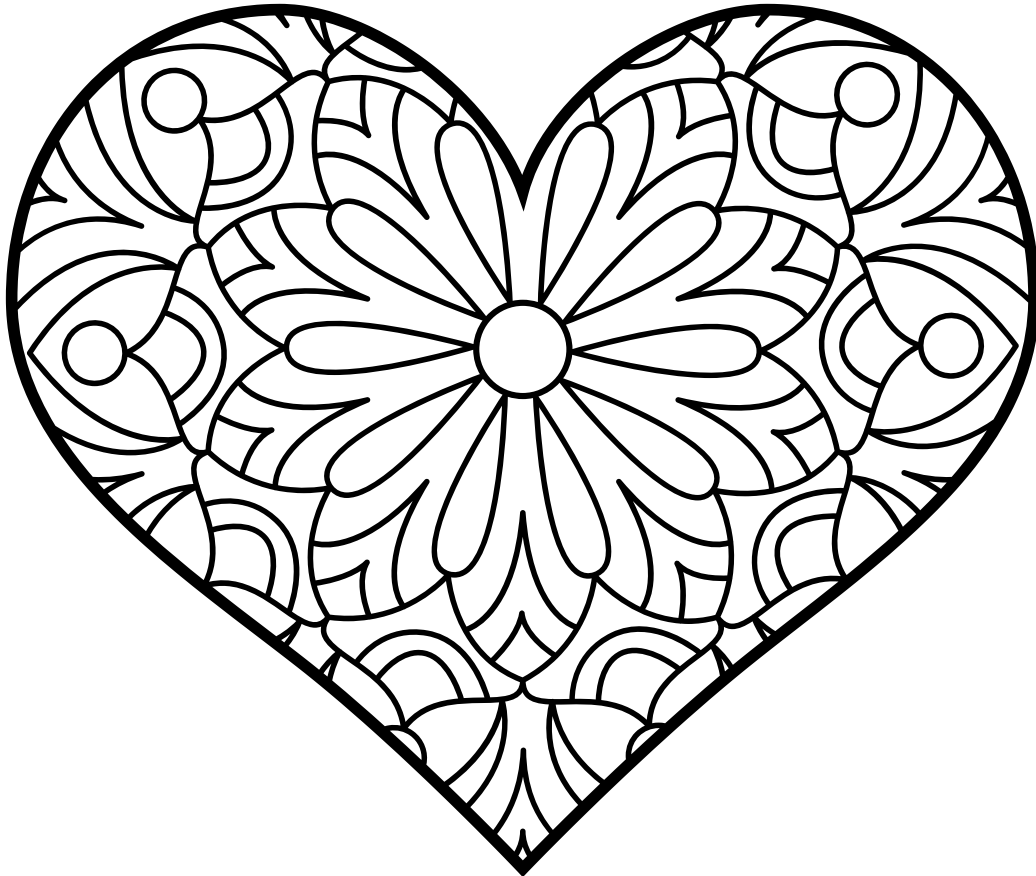


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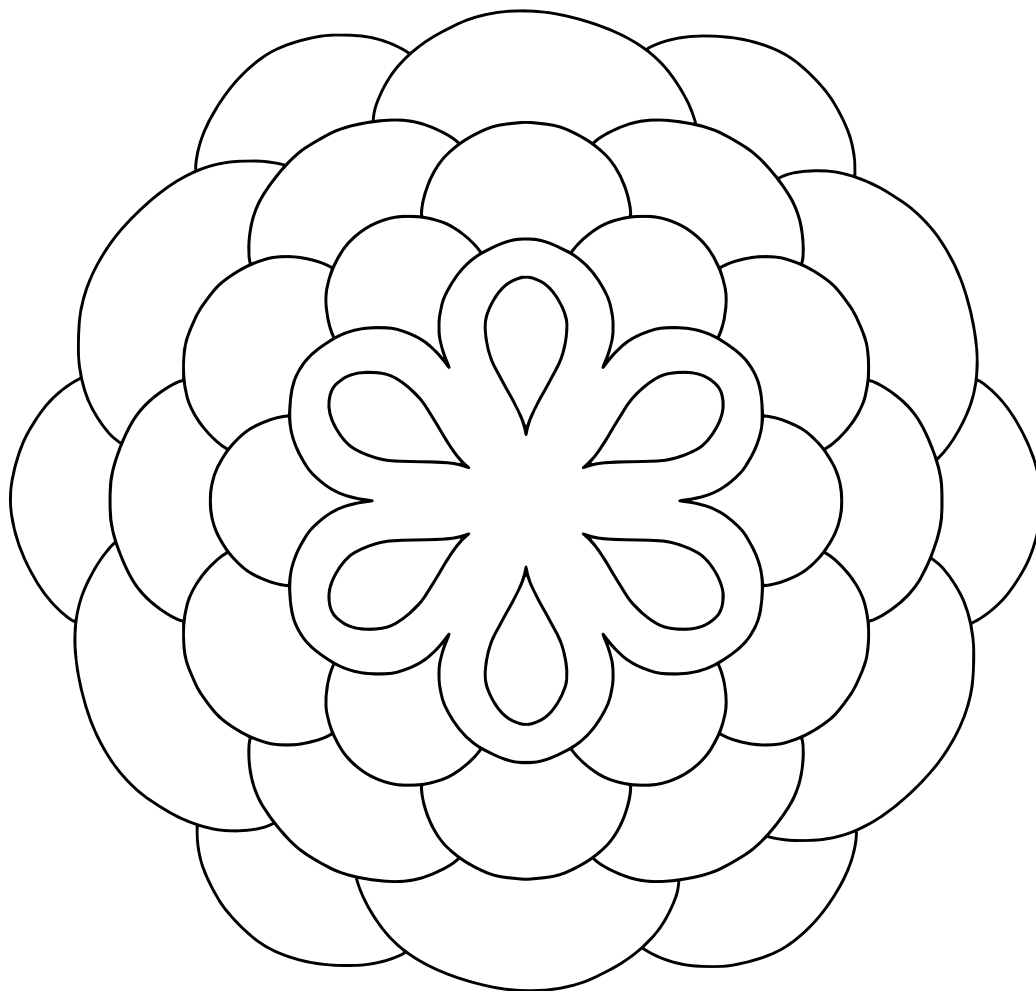
ENGAGEMENT



FAIRNESS

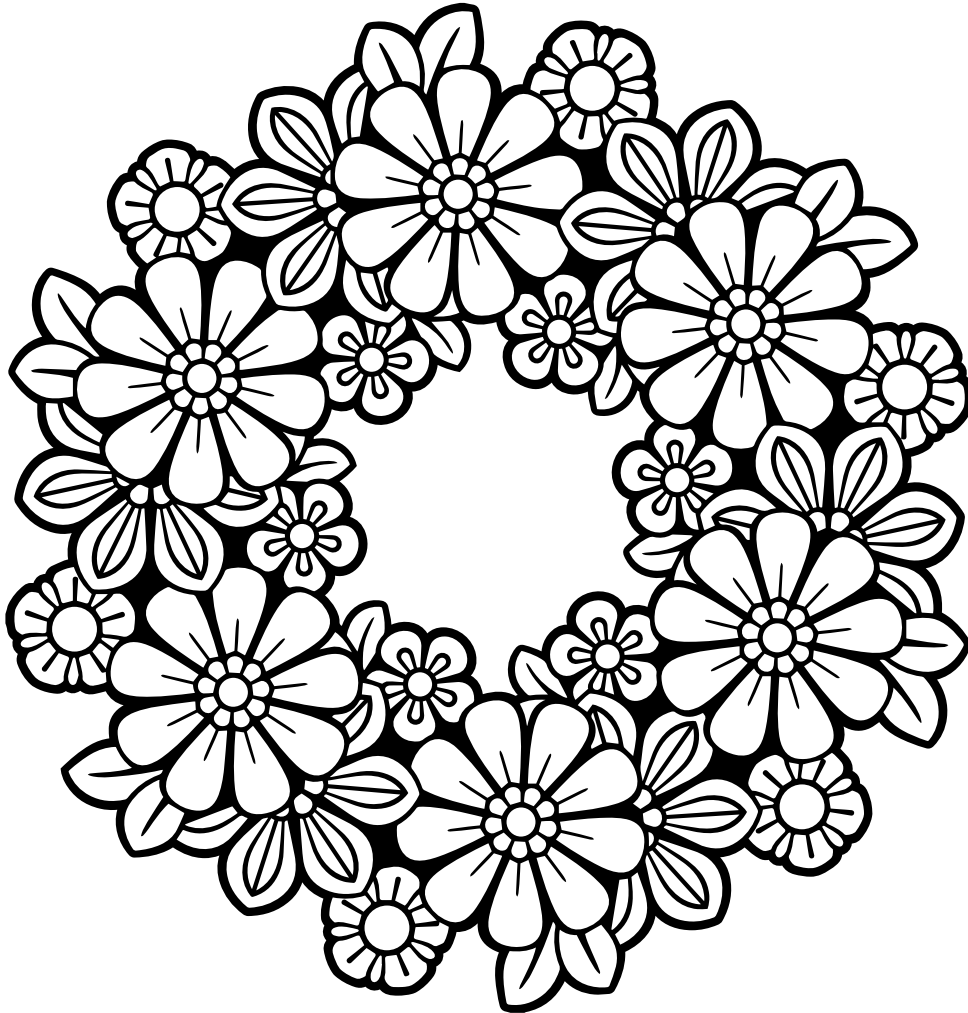


FORGIVENESS

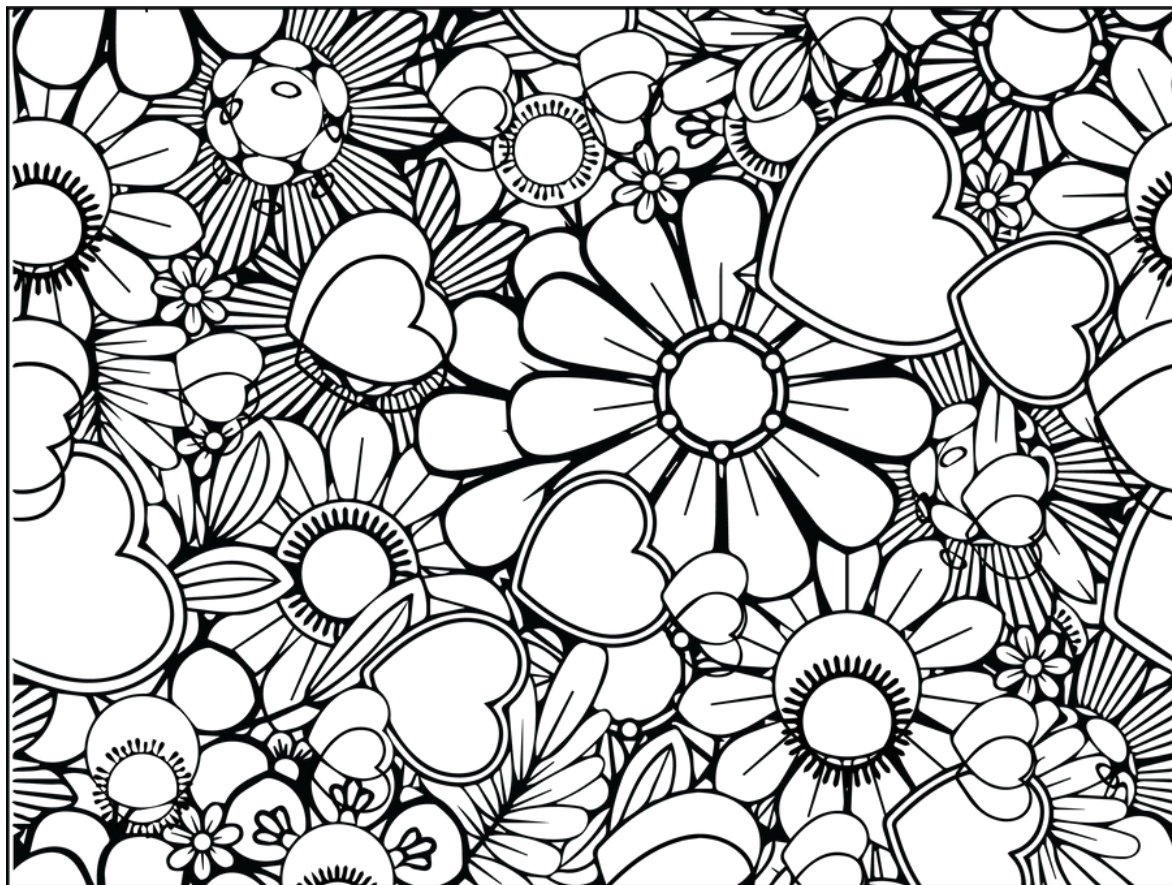


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GRATITUDE



HONESTY



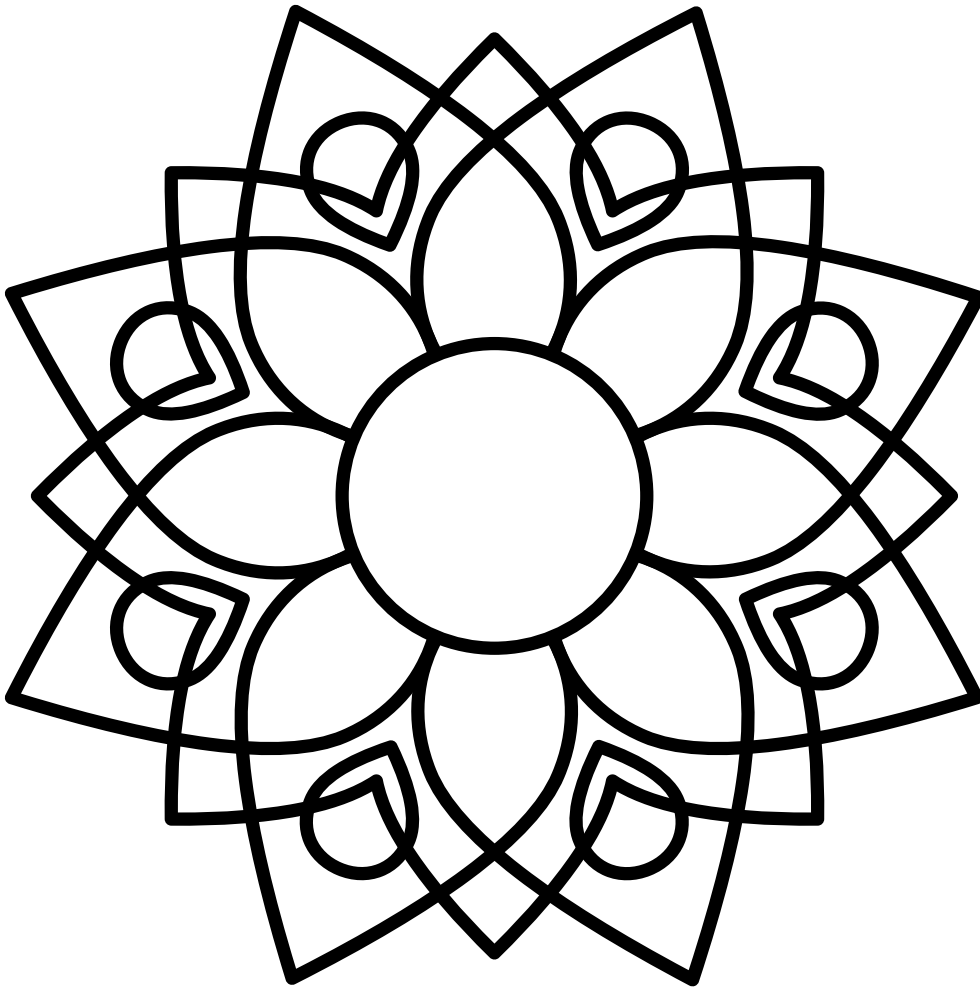
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HOPE



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HUMOR

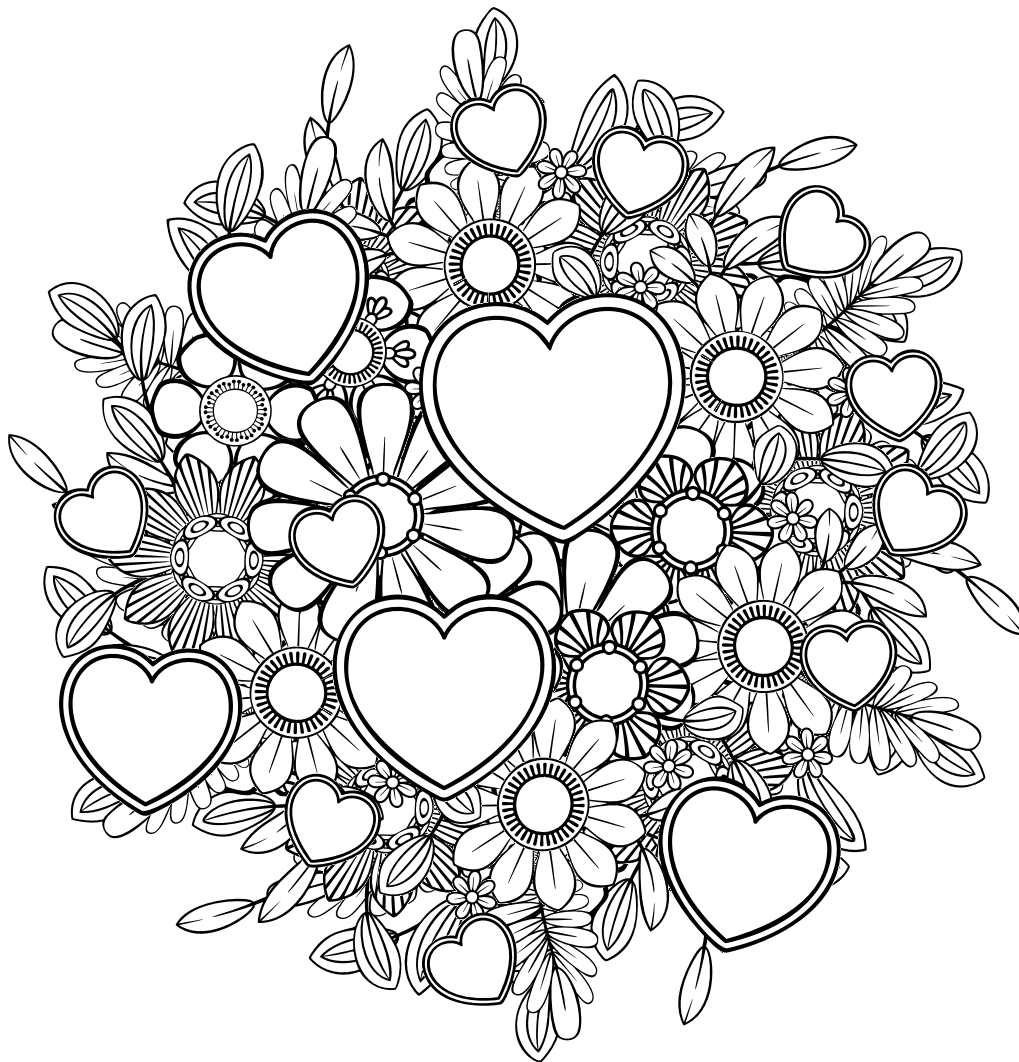


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KINDNESS

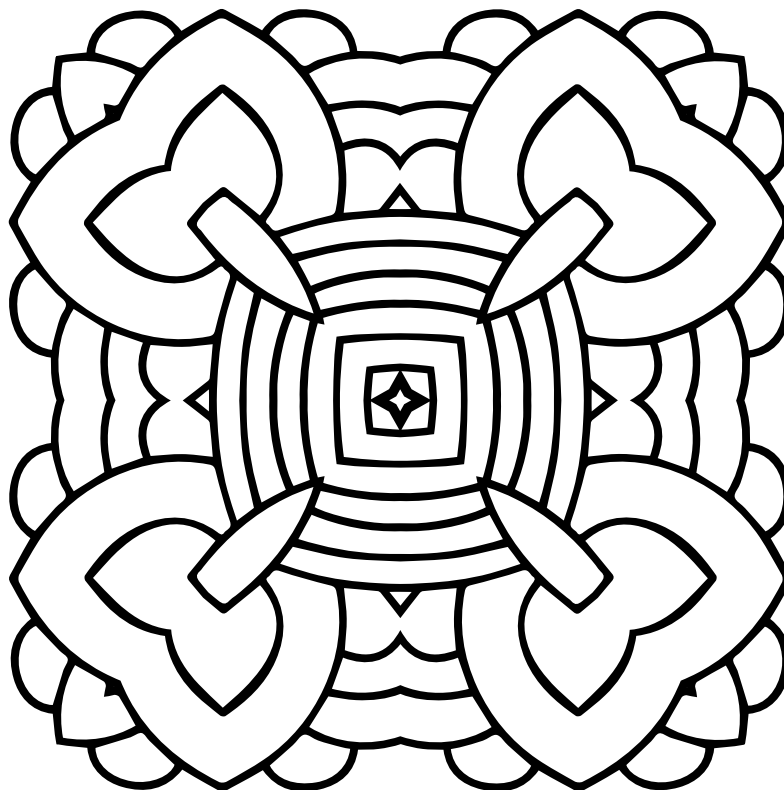


LOVE



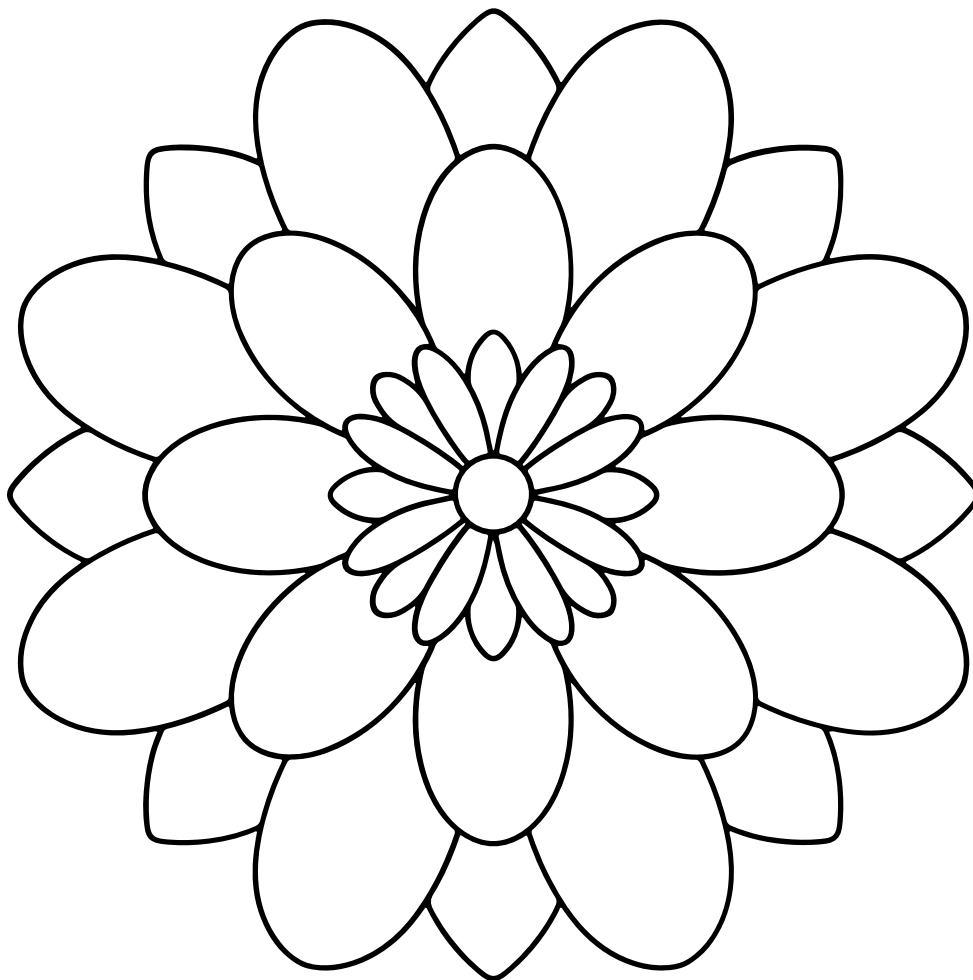
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LOVE OF LEARNING

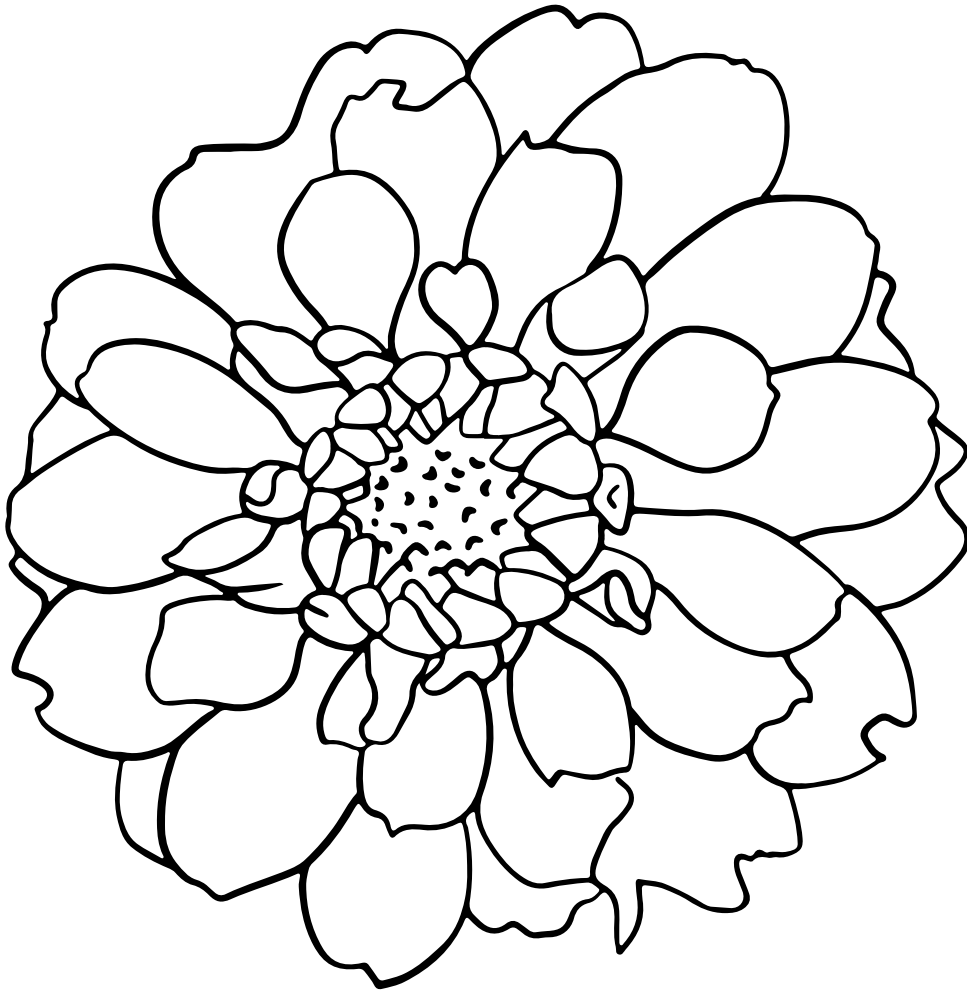


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PATIENCE

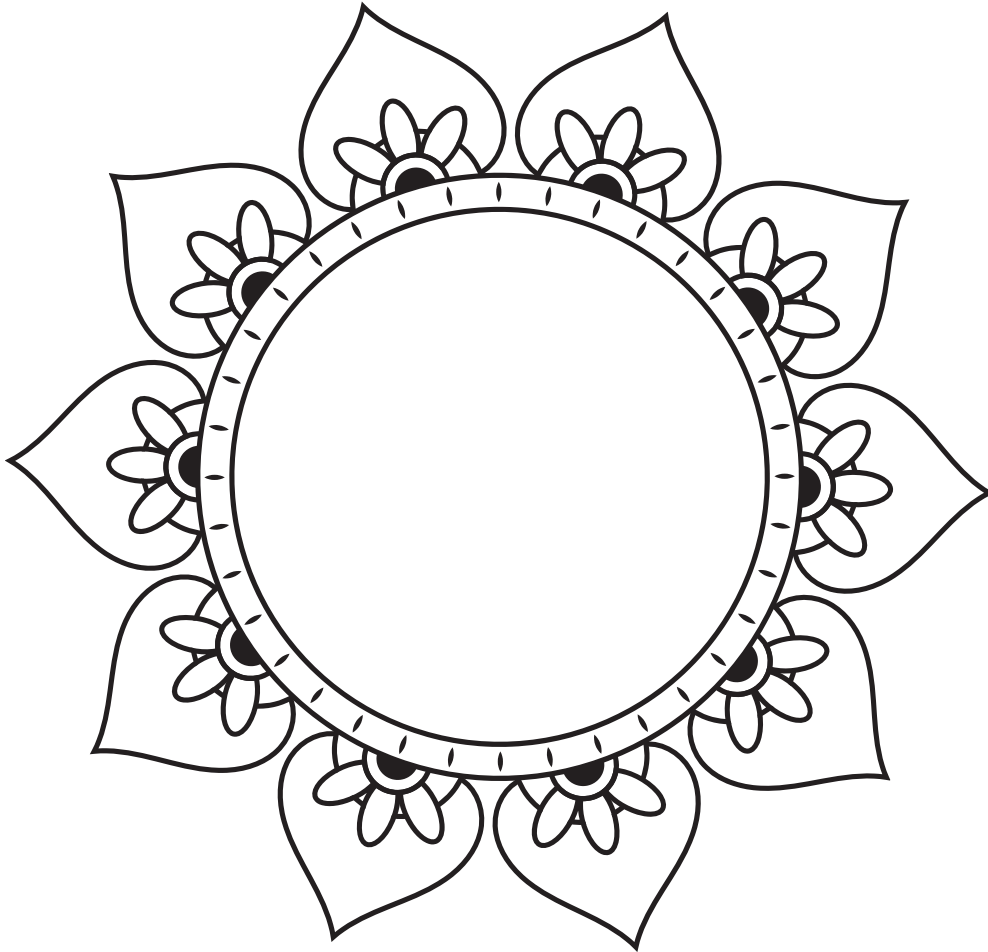


PERSISTENCE



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RELIANCE

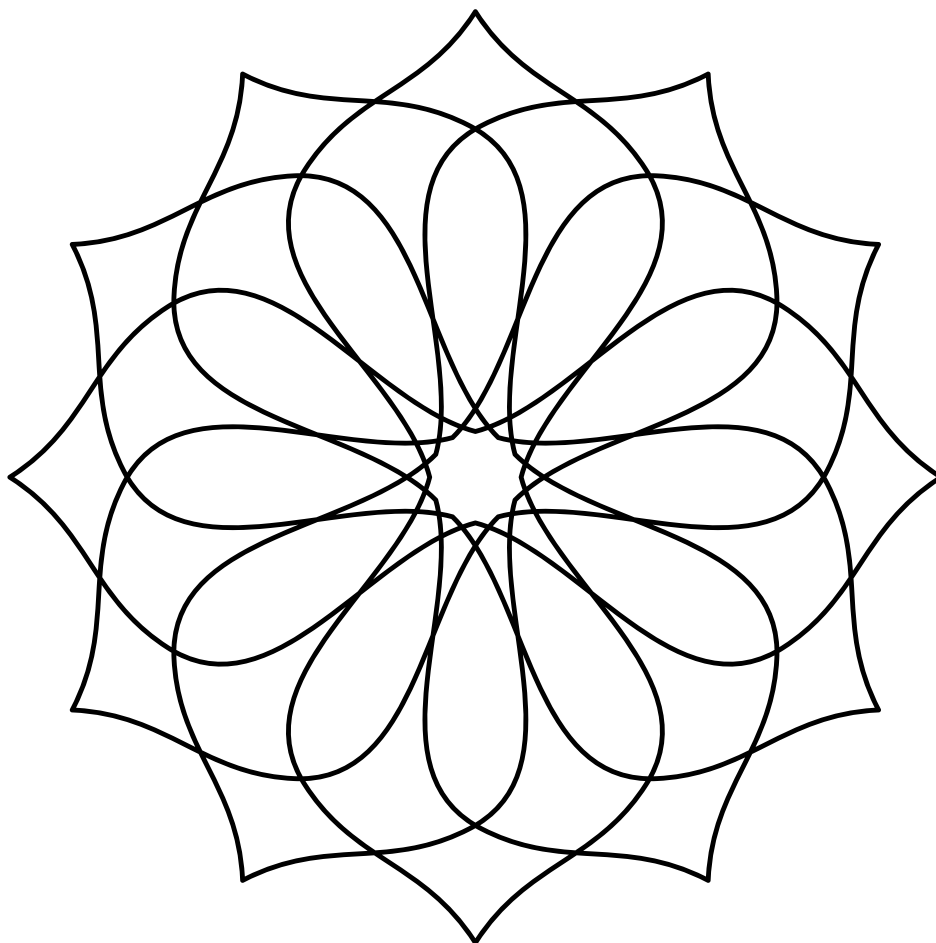


RESILIENCE



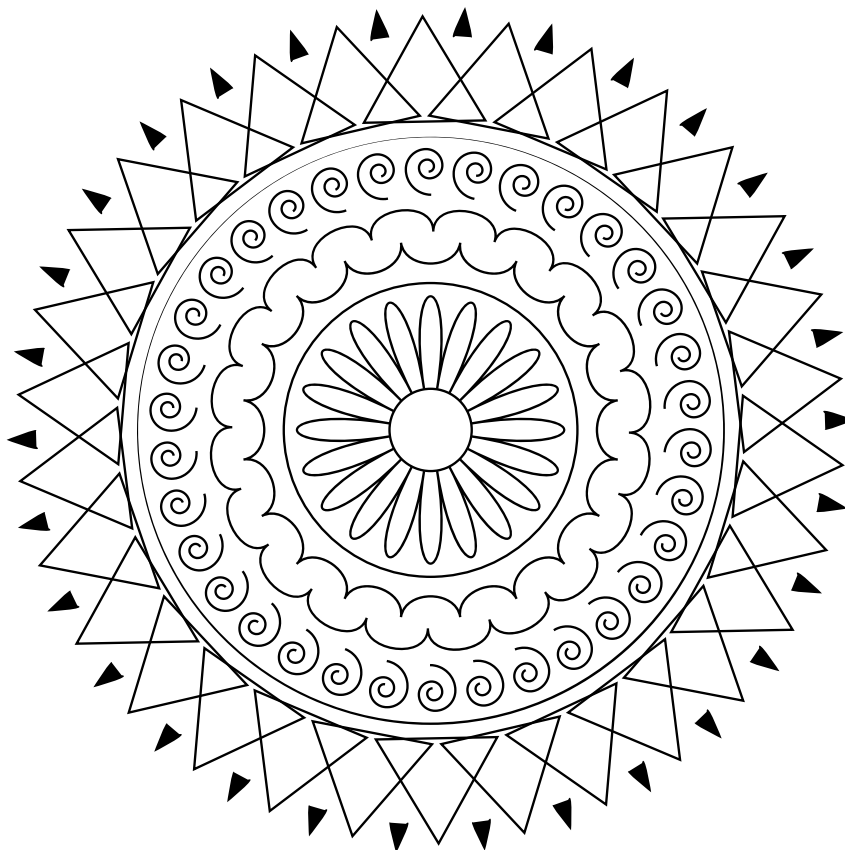
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RESPONSIBILITY



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SELF- REGULATION



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TEAMWORK



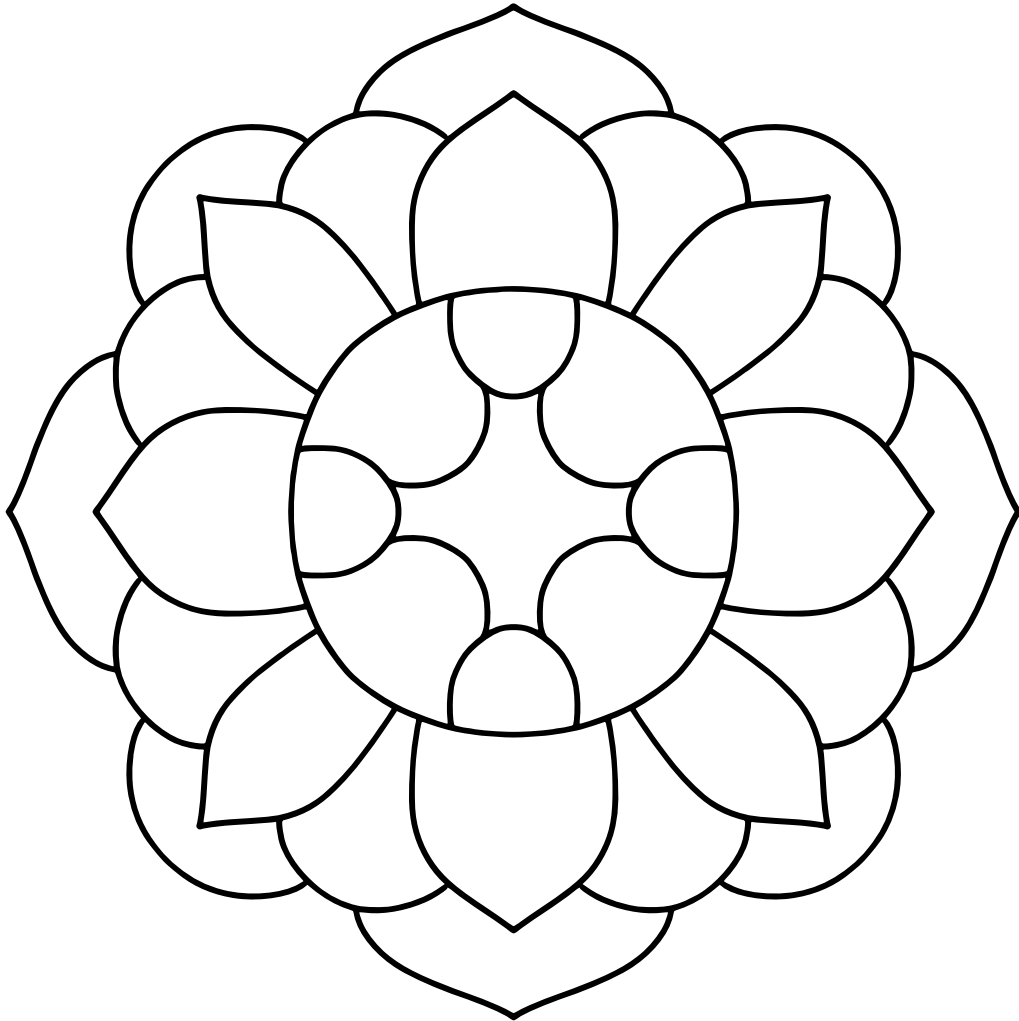
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TOLERANCE



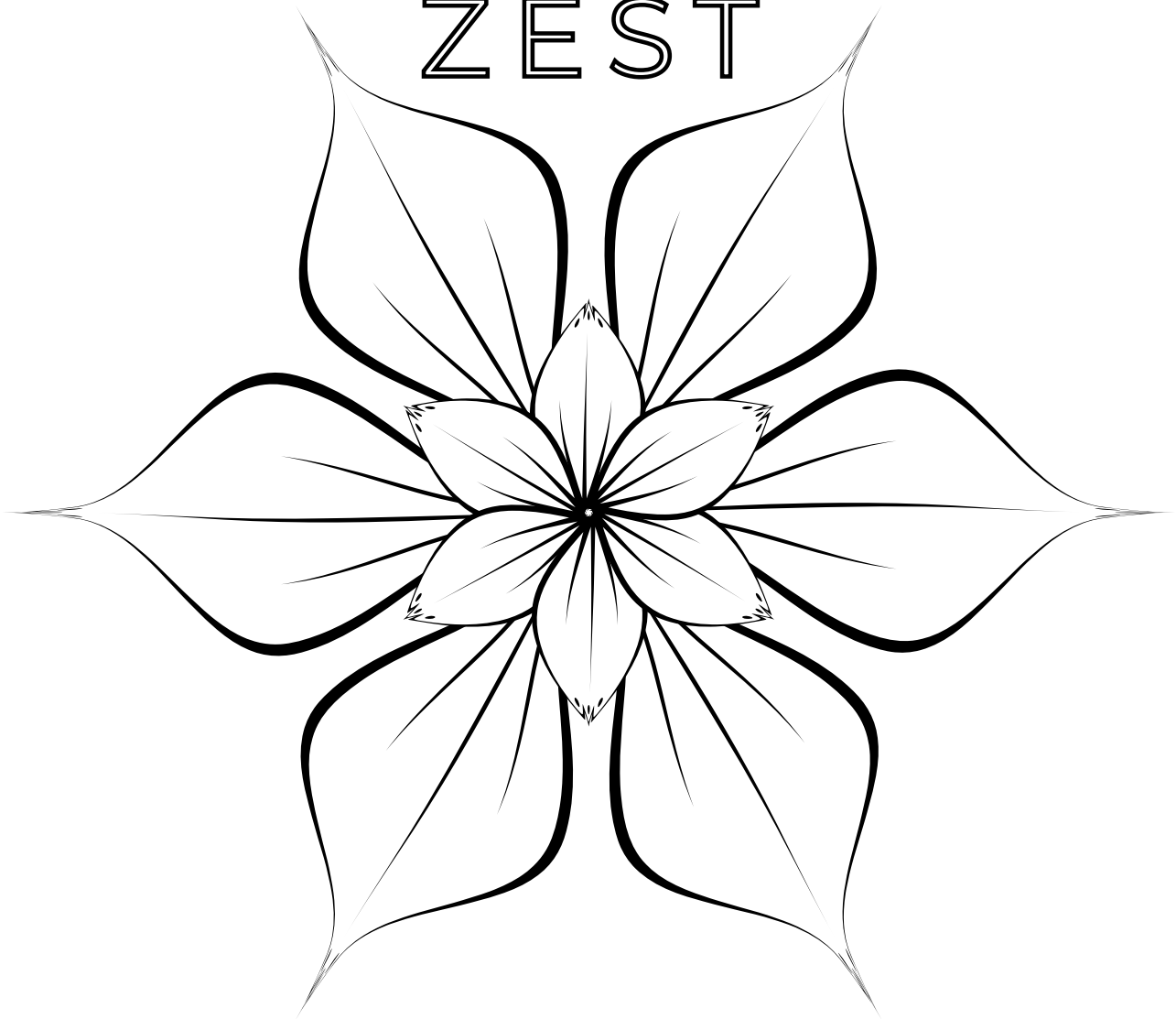
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TRUST



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ZEST



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AUTHOR BIOS

Educator, writer and publisher, **Mayra Porrata**, works to promote individual and community flourishing. Her career spans the fields of business, community health, leadership development, higher education and publishing.

For ten years, Mayra taught at the School of Health Sciences at Kent State University, and also served as adjunct faculty at the Weatherhead School of Management at Case Western Reserve University.

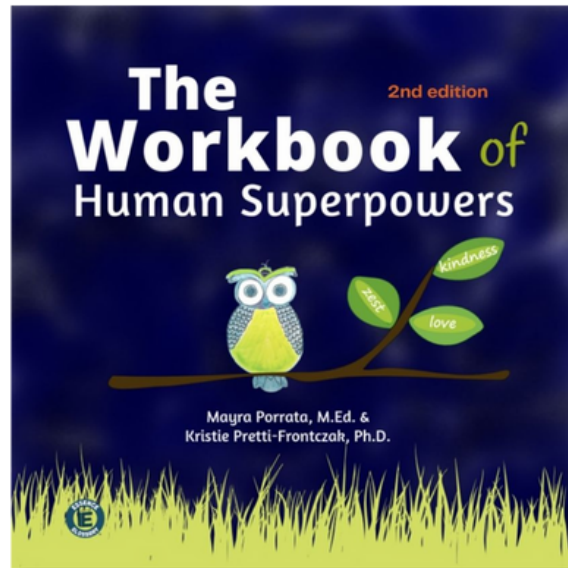
Mayra is the founder-operator of Solara Publishing, LLC and the author and co-author of more than two dozen titles and programs that promote a deeper understanding of our individual and shared humanity.

An accomplished author, sought-after consultant, and educator's educator, **Dr. Kristie Pretti-Frontczak** spent 16 years as a tenured professor in Higher Education at Kent State University before leaving to lead a {r}evolution in early childhood education.

Through comprehensive classes, thought-provoking keynote addresses, and practical resources for teachers, she's guiding adult professionals who work with our youngest students toward developing their emotional intelligence, reclaiming children's right to learn through play and reimagining more inclusive classrooms.

She has written six textbooks, two workbooks, and the AEPS curricular system, served as past President of the International Division for Early Childhood of the Council for Exceptional Children, and spent over 50,000 hours teaching adults best practices in early childhood care and education in locations from Cincinnati to Singapore. It's all part of her effort to build kinder, more inclusive, and more creative classrooms-and therefore, a better world.

The ^{2nd edition} Workbook of Human Superpowers



This beloved activity and contemplative journal is designed for educators and professionals who teach, lead, and serve others. It encourages contemplative reflection and a deeper appreciation of our shared humanity.

The Workbook is available via Amazon or directly through Kristie, Mayra. or SolaraPublishing.com

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