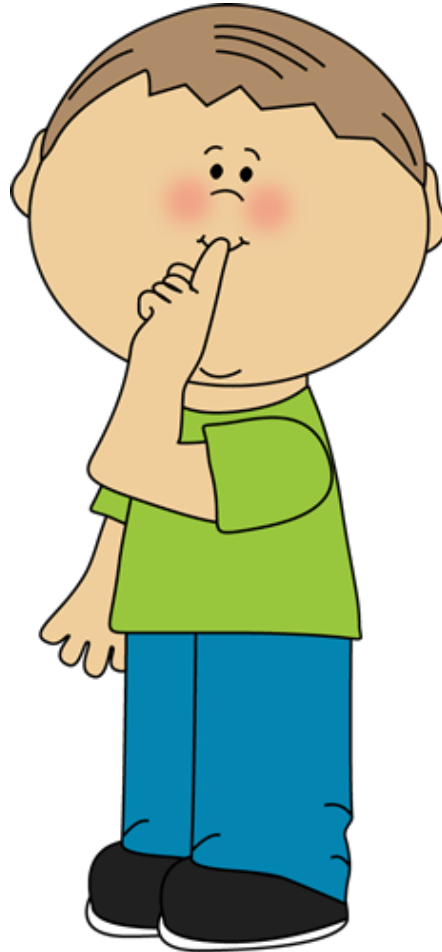


# "I Can!"

**My Super Hero Star  
Training Program**

Shhhhhh! My Secret is  
Sometimes I Think I Can't!

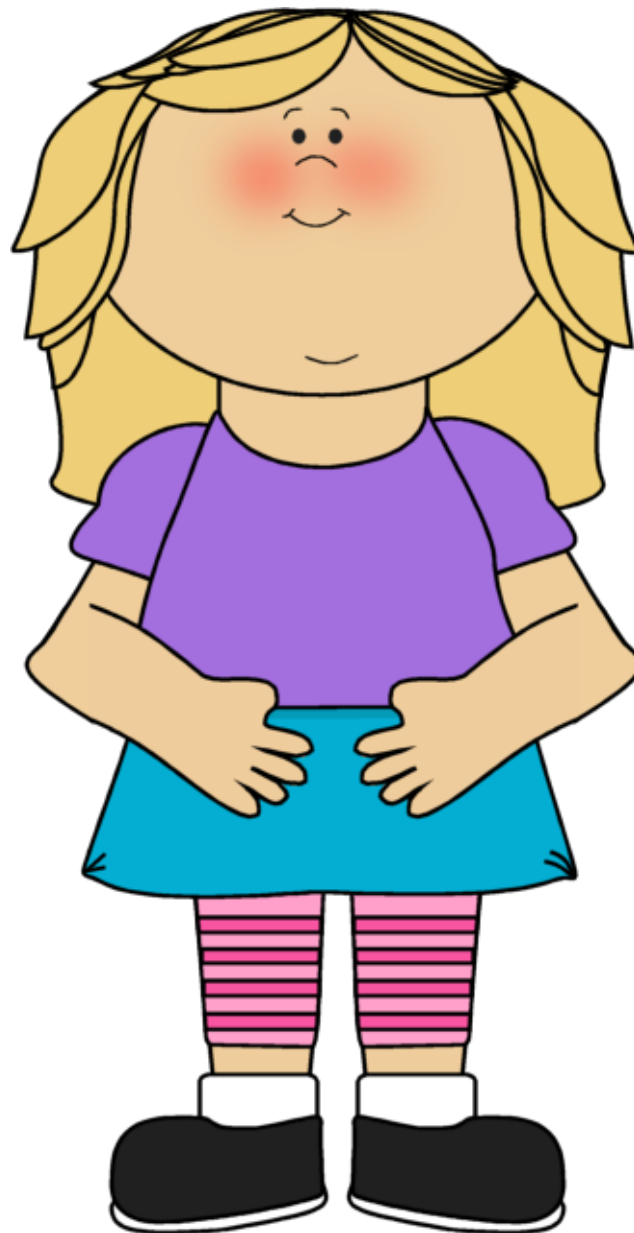


# Secrets

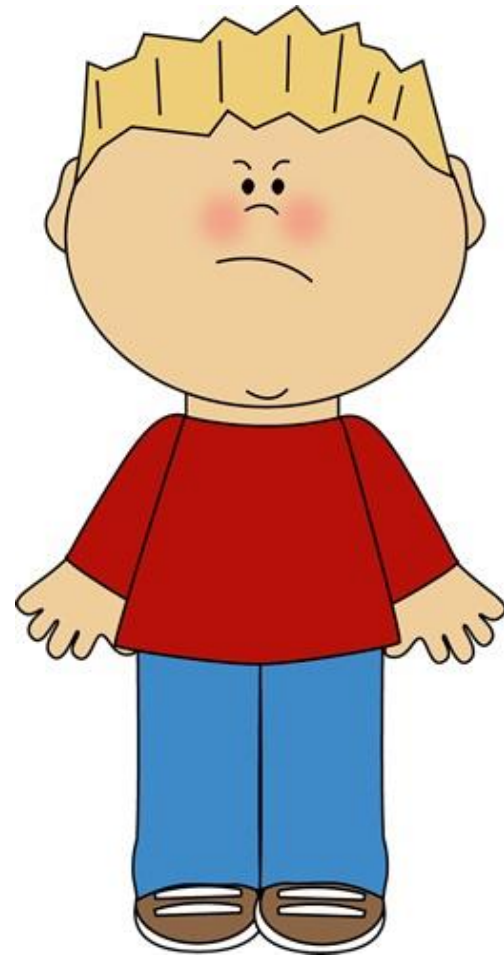
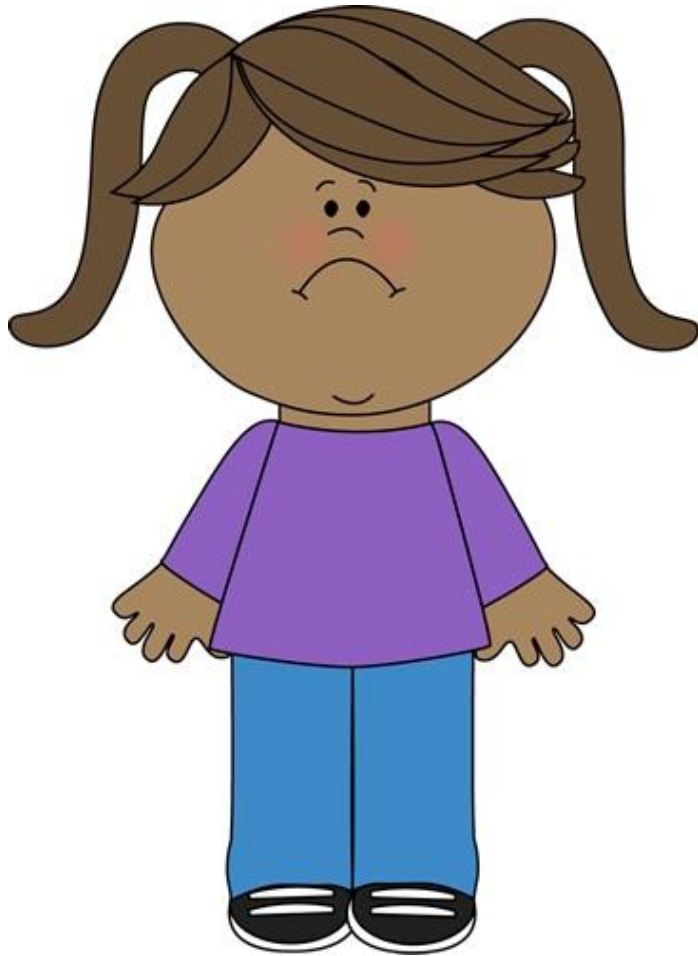
**We Can Always Tell A  
Grown-Up Who Can Help!**

**We Can Always Tell A  
Grown-Up Who Can Help  
About Our Secrets and  
Feelings.**

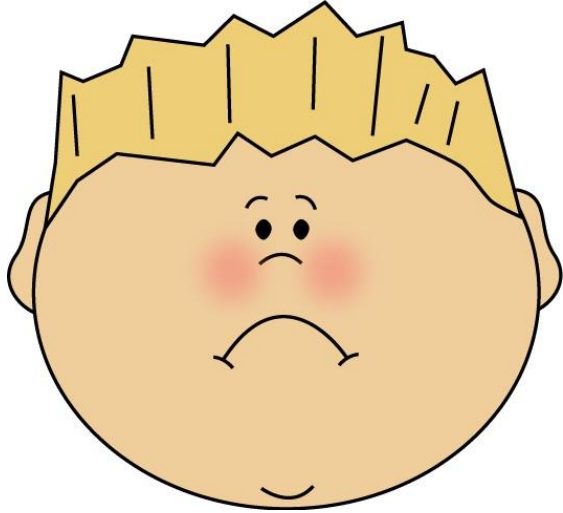
**It Feels so Much Better  
When We Talk About How  
We Feel and to Talk About  
Our Secrets.**



# Thinking That I "Can't" Makes Me Sad and Mad



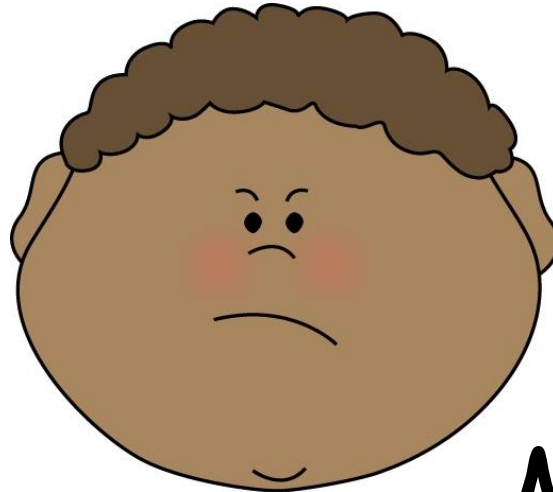
# Thinking I Can't Can Make Everyone



**Sad**



**Scared**



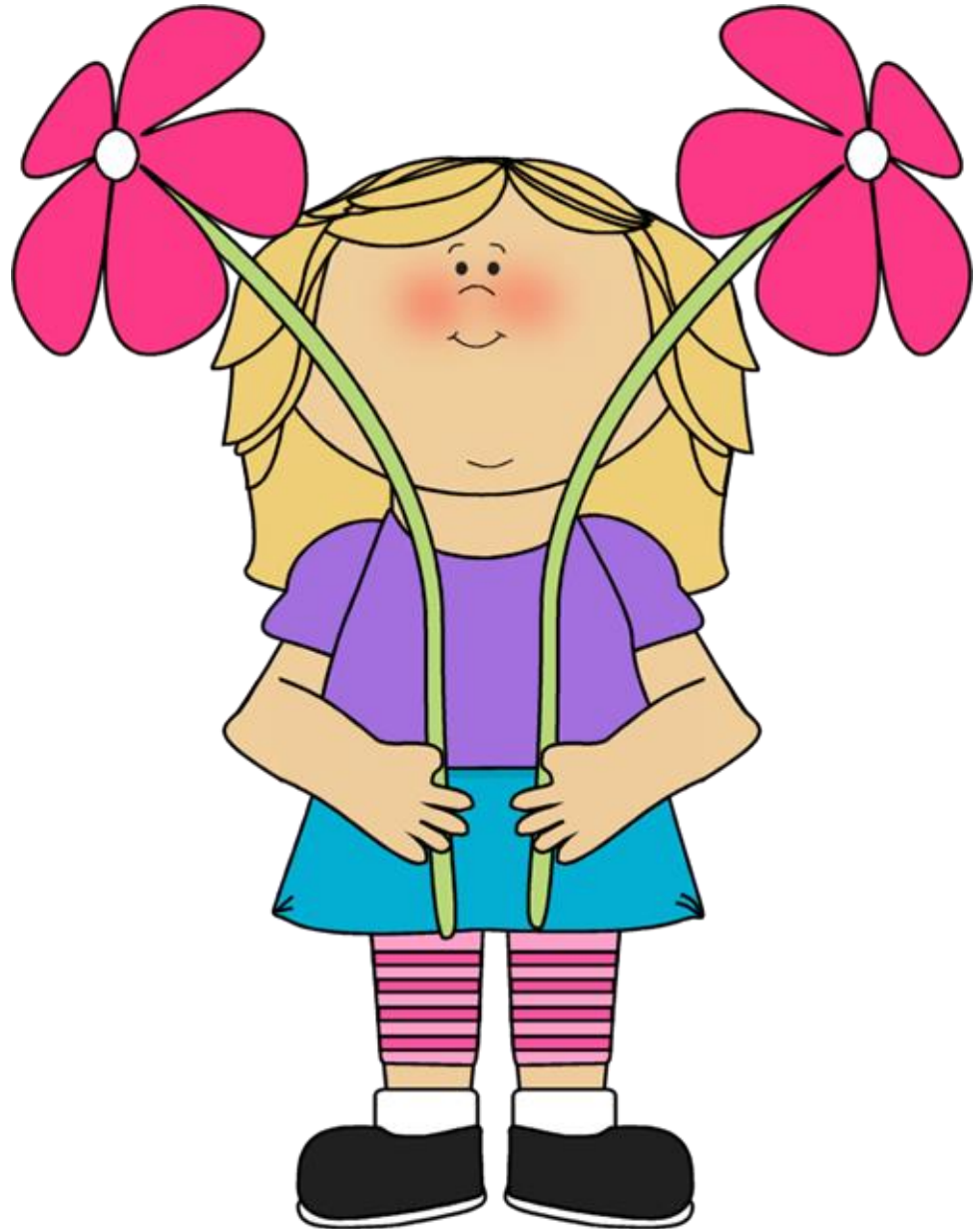
**Mad**

# I Can!!

I Can Say How I  
Feel!

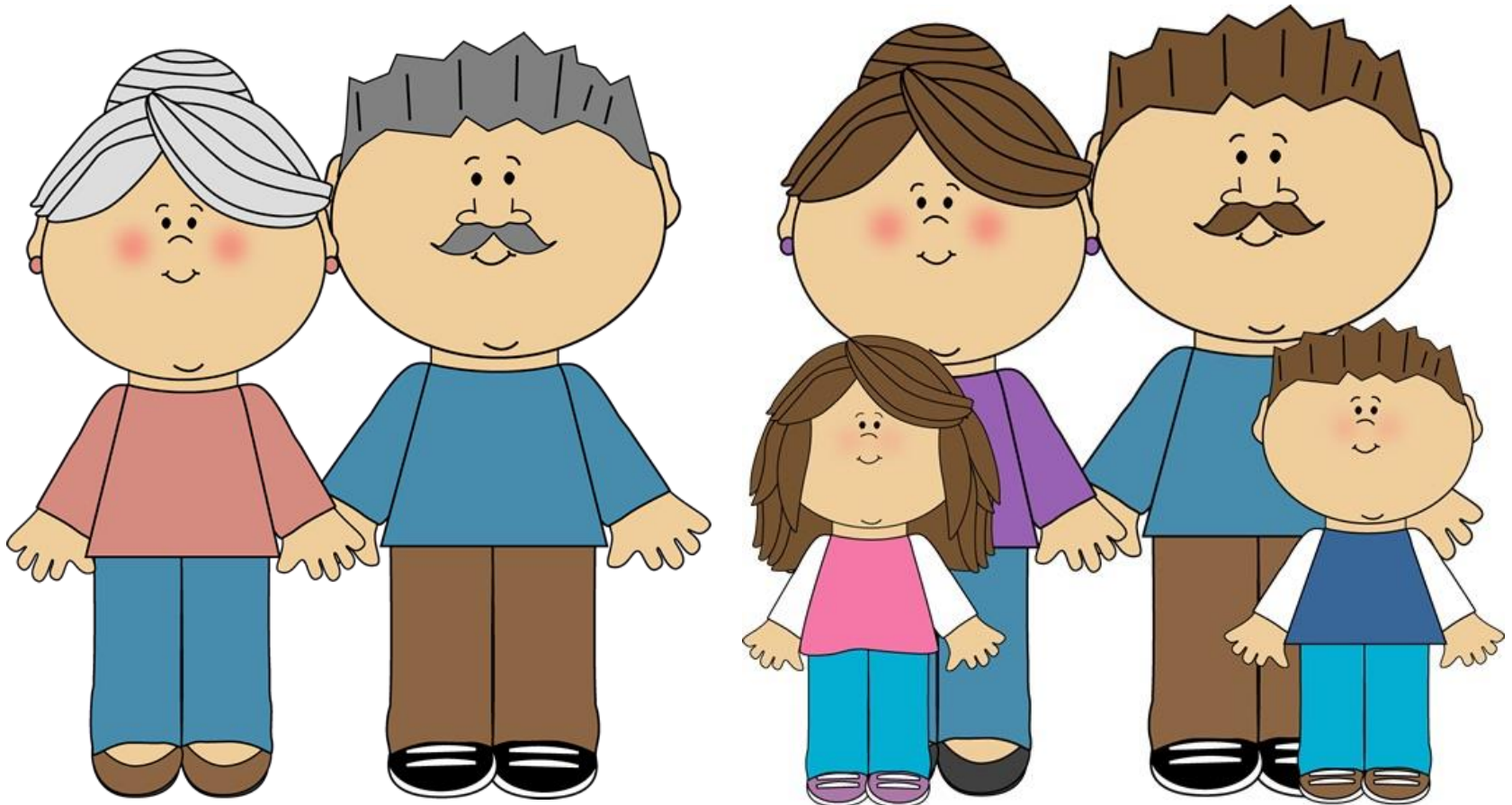
I Can Tell The  
Secrets That Scare  
Me!

I Can Be a Special  
Super Star and  
Share How I Feel!





# The People in My Family Sometimes Think They Can't! But They Can Too!



**Sometimes My Teacher  
Thinks She Can't!  
But My Teacher Can Too!**





**Here is a Fact:**  
**We All Sometimes Think That**  
**We Can't!**



**Then We Learn That We Can!**



# I CAN Learn to Be a "Super Hero Star!"



# Secrets That I Can Tell

- 1.

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- 2.

---

- 3.

---

- 4.

---

- 5.

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# Things That Make Me Happy

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

# Things That Make Me Sad

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_