

Herman's Pocket Guide to CONFIDENCE, KINDNESS & COURAGE



By S.K.Grizzell



Be Yourself

Herman Says...

You don't need to be
like anyone else.
Being you is your
superpower.

- ★ Everyone is different
- ★ Your name matters
- ★ You are enough
just as you are.

Pocket Power

★
I am proud to be me.





When Someone Is Unkind

Herman Says...

Unkind words do not decide who you are.

- ★ Stay calm
- ★ Walk away
- ★ Tell a trusted adult

Pocket Power
I deserve kindness
and respect.





Be Brave

Herman Says...

Being brave means trying, even when you feel nervous.

- ★ Put your hand up
- ★ Ask for help
- ★ Try something new

Pocket Power

I can do
hard things.





Happy Thoughts

Herman Says...

Happy memories can help you feel stronger.

- ★ Close your eyes
- ★ Take slow breaths
- ★ Think of someone you love

Pocket Power
Happy thoughts
help me feel strong.





Friendship

Herman Says...

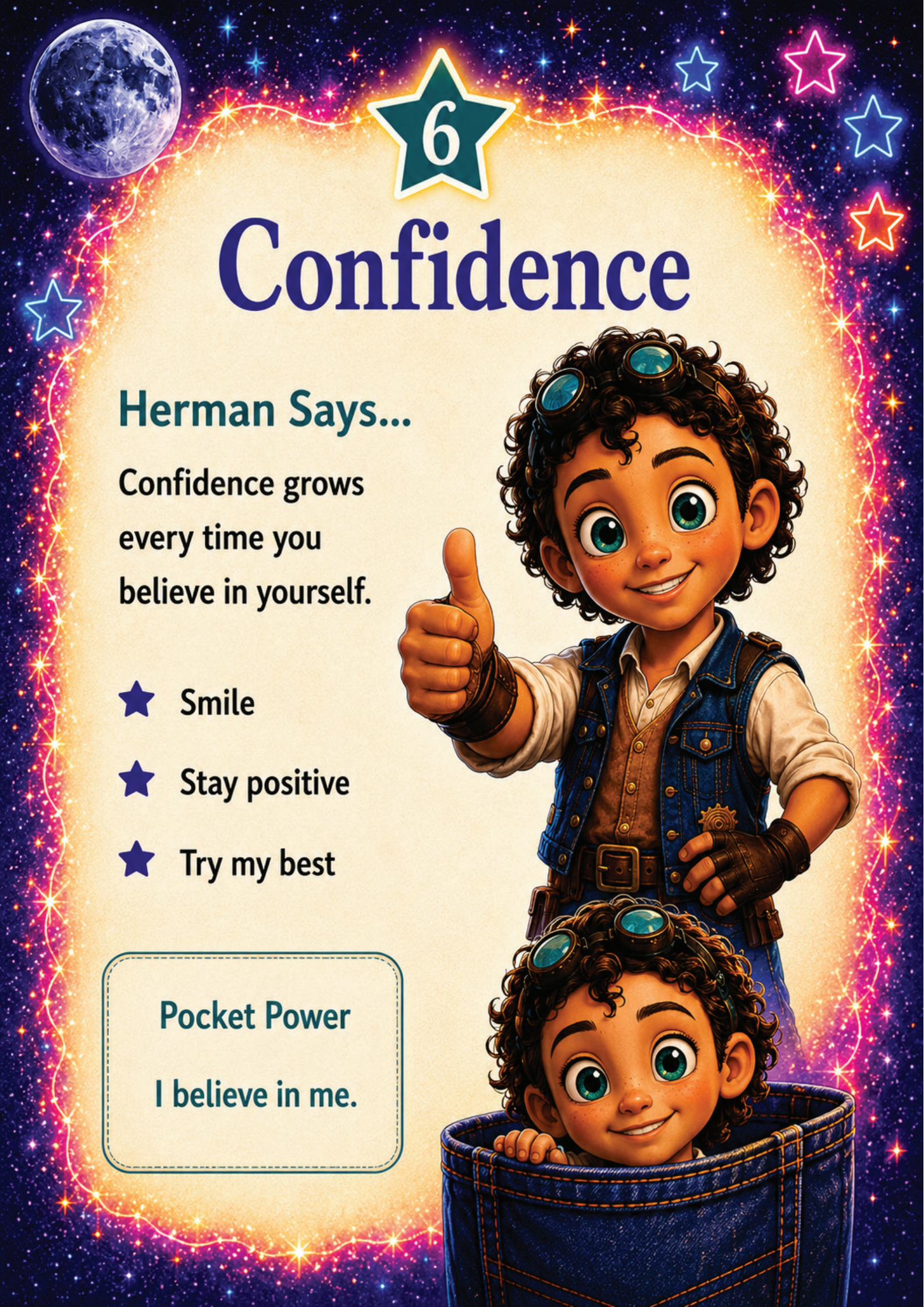
Good friends help
each other feel
welcome.

- ★ Listen
- ★ Share
- ★ Care

Pocket Power

I choose
kindness.





6 Confidence

Herman Says...

Confidence grows
every time you
believe in yourself.

- ★ Smile
- ★ Stay positive
- ★ Try my best

Pocket Power

I believe in me.





Feelings Matter

Herman Says...

Every feeling
is important.

- ★ It's okay to feel sad
- ★ It's okay to
feel worried
- ★ Talking helps

Pocket Power

My feelings
matter.





Never Give Up

Herman Says...

Mistakes help
us learn.

- ★ Learn
- ★ Practise
- ★ Try again

Pocket Power

I never
give up.





Kindness Counts

Herman Says...

Small acts of kindness
make a big
difference.

- ★ Help someone
- ★ Share a smile
- ★ Say something nice

Pocket Power
Kindness starts
with me.





Herman's Golden Rules

Herman Says...

These are my favourite rules for a happy life.

- | | |
|-----------------------|-----------------------|
| ★ Be kind | ★ Respect others |
| ★ Be honest | ★ Keep learning |
| ★ Be brave | ★ Stay positive |
| ★ Believe in yourself | ★ Never give up |
| ★ Ask for help | ★ Remember your worth |

Pocket Power
You are stronger,
kinder and braver
than you think.

