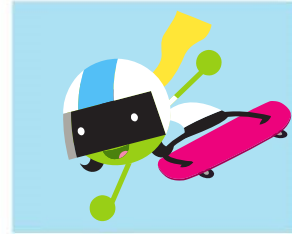


## Courage Cards

### Materials:

- 5 index cards
- Crayons
- Contact paper



### Instructions:

1. Ask your child: "What helps you feel brave when you are scared?" They might have one or more ideas--a flashlight, a favorite stuffed animal, or having a family member nearby, for example.
2. Write down your child's ideas. Repeat them back to your child.
3. Together, pick 5 to write on the index cards.
4. Invite your child to draw a picture of each idea on an index card. Encourage them to dictate labels for you to write on their pictures, as well. "Flashlights help us feel better in the dark."
5. Grown-ups, write on the back side of the card some encouraging words for your child
6. Place each card between two pieces of contact paper. Press down, rub the bubbles out, and trim the edges.
7. Talk about when you both might want to look at the cards as a reminder to be brave.
8. Your child can carry these pocket-sized courage cards with them wherever they go!

### Hero Self-Portrait

#### Materials:

- **Mirror**
- **Paper**
- **Coloring Tools**

#### Instructions:

1. Look into the mirror with your child. Help them notice the features that make them who they are. Ask them what they see — "What color is your hair? Your eyes? Do you have freckles?"
2. Have your child draw a self-portrait based off of the qualities you talk about. Be creative and make your portrait uniquely you!
3. Brainstorm with your child about the character traits that make her unique. Ask your child questions — "What makes you a good friend? How would your friends describe you? What do you like to do? How do you help others?" If your child is reluctant to praise themselves, start listing some of the positive qualities you see in them.
4. Help your child write down their positive qualities around the self-portrait they've drawn.
5. Once you're finished, hang the portrait so that your child can be reminded every day of what makes them a hero!



# Create Your Own Superhero



1. My superhero's name is \_\_\_\_\_  
and their superpowers are \_\_\_\_\_

2. Here's how my superhero reflects things about me:

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3. Here's a drawing of my superhero:

**Front View**

**Side View**

4. This is what will happen in my comic strip.

First, \_\_\_\_\_

But then, \_\_\_\_\_

Next, \_\_\_\_\_

So, \_\_\_\_\_

In the end, \_\_\_\_\_



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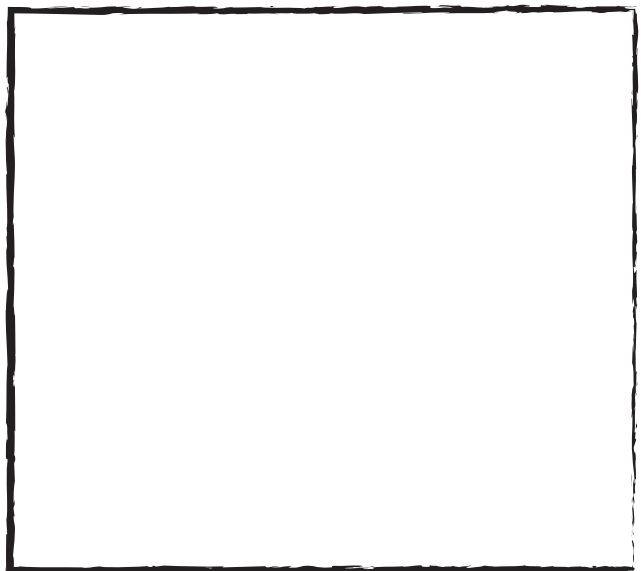
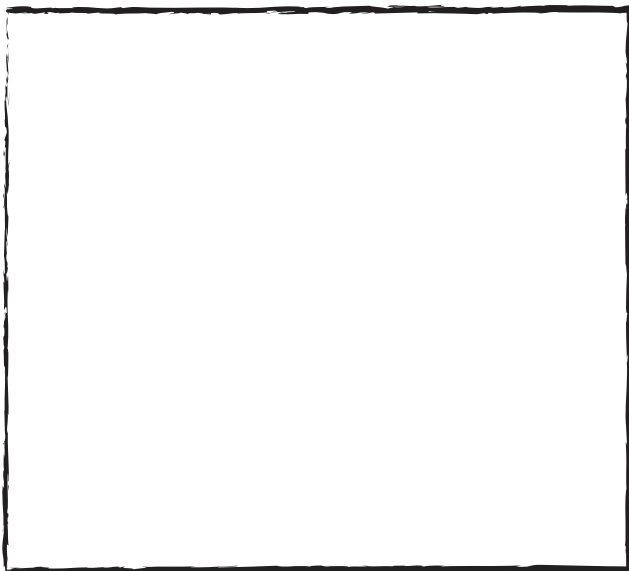
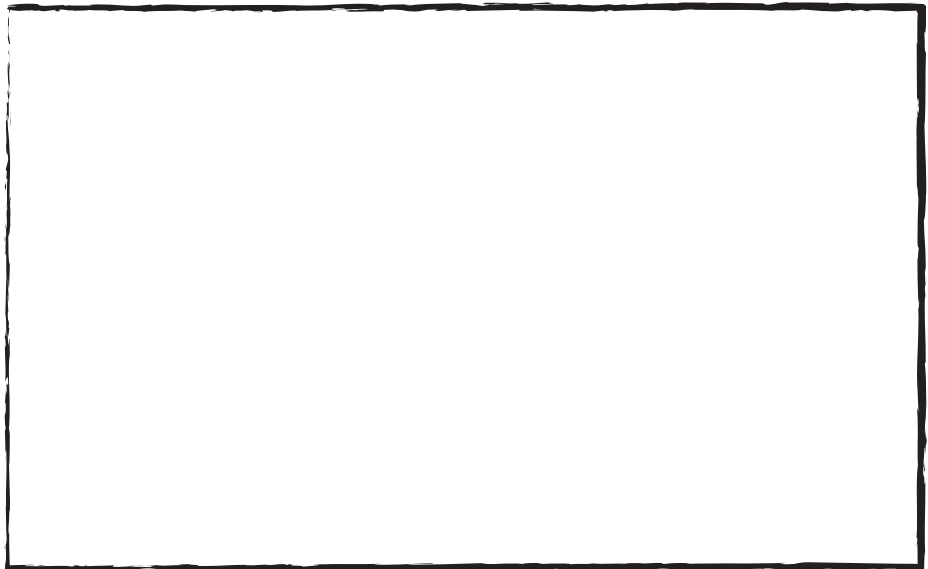
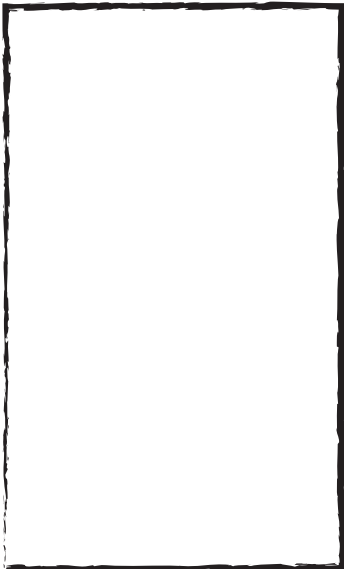
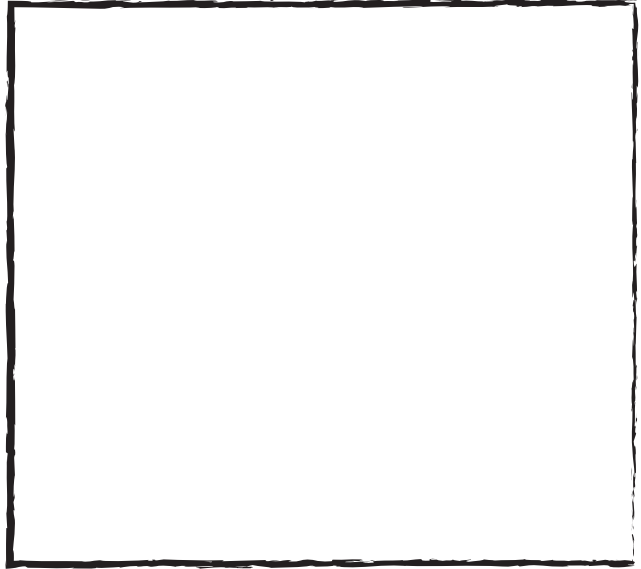
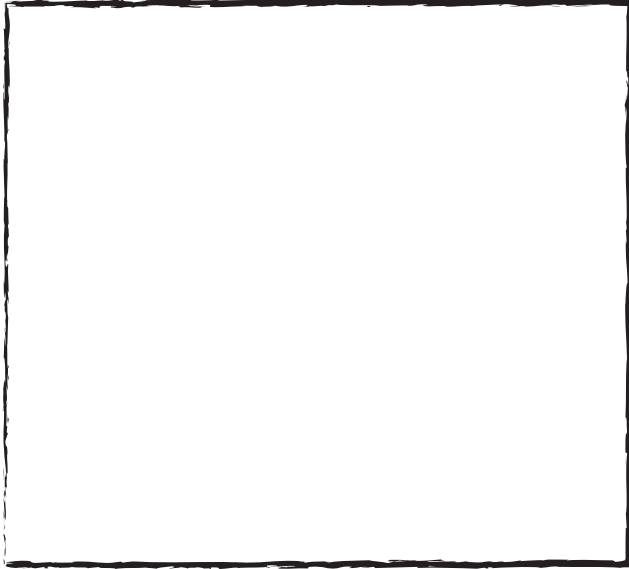


Support for MOLLY OF DENALI® is provided by the W.K. Kellogg Foundation, The Arthur Vining Davis Foundations, the GBH Kids Catalyst Fund, and by public television viewers. Additional funding made possible with the participation of the Province of British Columbia Production Services Tax Credit.

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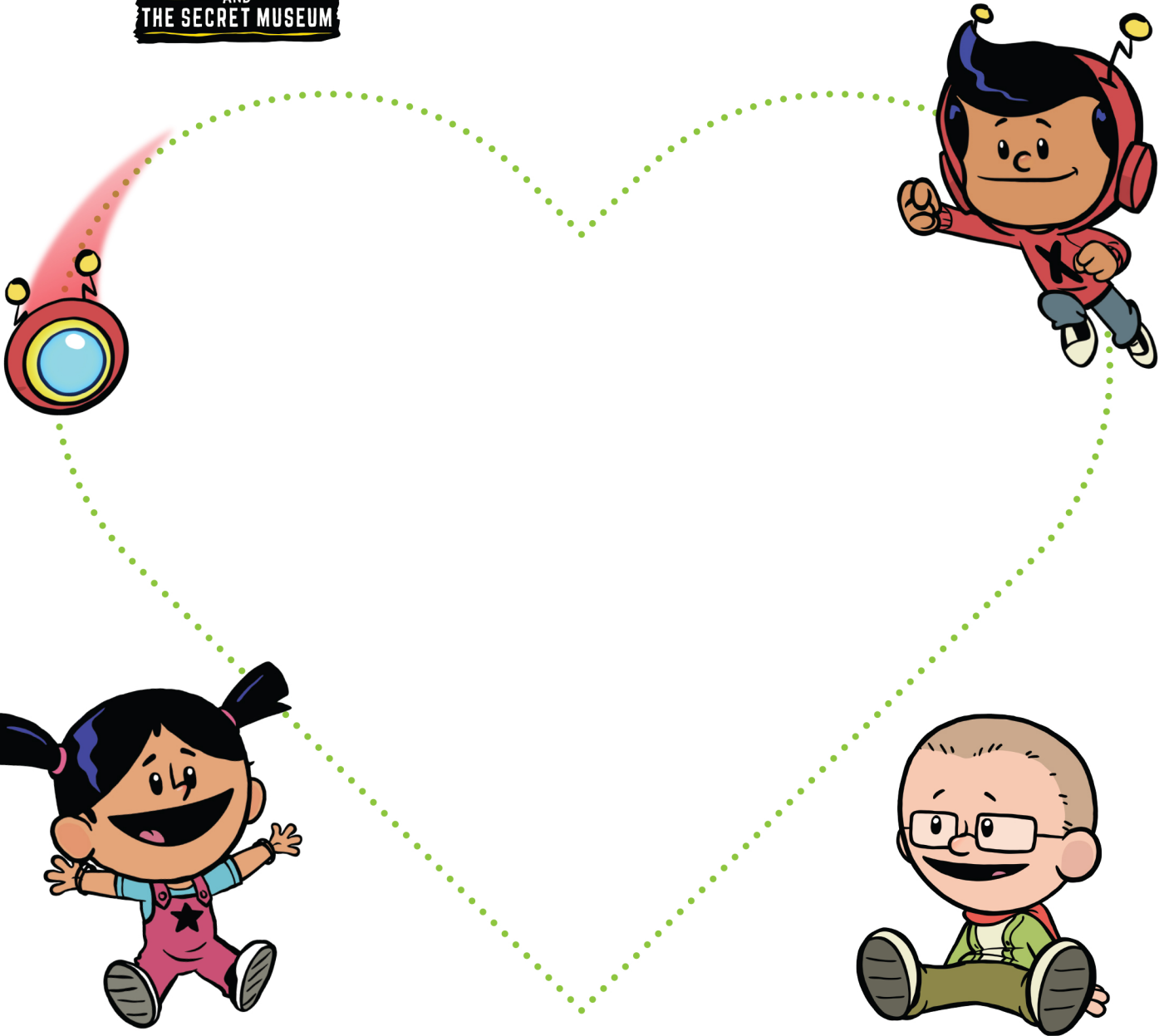
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**By:**





# XAVIER RIDDLE AND THE SECRET MUSEUM



**Fill in this heart**  
with words or drawings that represent  
the kind things you do.

Find more games and activities at [pbskids.org/xavier](https://pbskids.org/xavier)

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Christopher Eliopoulos'  
best-selling kids book series





# Make a list of your heroes.



They can be historic figures, modern-day heroes, or people from your everyday life.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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# What are the traits of a great hero?



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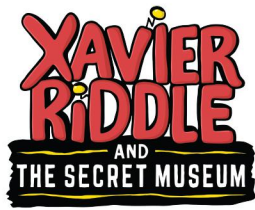


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# Encouragement Cards

1. Ask an adult to cut out the encouragement cards.
2. On the blank card, draw yourself and add positive words of encouragement.
3. Place all the cards in an empty jar.
4. Read a card every morning or whenever you need a boost!
5. Go to [pbskidsforparents.org](http://pbskidsforparents.org) to learn how to create an encouragement jar.



|                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <p><b>Take every chance you get to help others.</b><br/><i>Eleanor Roosevelt</i></p> |   <p><b>New adventures are exciting.</b><br/><i>Alexander Hamilton</i></p>                                |
|   <p><b>Learning can take you anywhere.</b><br/><i>Frederick Douglass</i></p>       |   <p><b>Solve problems in a positive way.</b><br/><i>Marie Owens</i></p>                               |
|   <p><b>Ask for things the right way.</b><br/><i>Cleopatra</i></p>                  |   <p><b>Tell people when there's a problem so you can solve it together.</b><br/><i>Golda Meir</i></p> |

Find more games and activities at [pbskids.org/xavier](http://pbskids.org/xavier)

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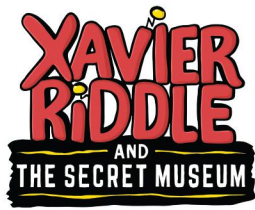
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# Encouragement Cards



If you want to get better at something, you have to work hard and practice.

*Johann Sebastian Bach*



Speak up for yourself.

*Winston Churchill*



It's important to help others as best you can.

*Florence Nightingale*



A good leader takes care of his or her team.

*George Washington*



Follow your dreams, no matter what.

*Marie Curie*



Your imagination makes everything more fun.

*Charles Dickens*



Slow down and think through problems.

*Issac Newton*



You can do a lot with what you've got.

*Abigail Adams*

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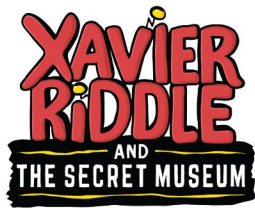


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# Encouragement Cards



**When you love doing something, keep trying.**

*Anna Pavlova*



**Think big.**  
Nikola Tesla



**When you really want to do something, be bold.**

*Nellie Bly*



**Courage is bravely moving forward even when you're scared.**

*Harriet Tubman*



**Treat others how you would like to be treated.**

*Confucius*



**Draw your own here!**

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XAVIER RIDDLE AND THE SECRET MUSEUM

## Make a Hero Self Portrait

Nov 6, 2019

In each episode of "Xavier Riddle and the Secret Museum," Xavier, Brad, and Yadina travel back in time to meet real-life historical figures when they were kids themselves. Just like the historical figures in the series, your child has heroic qualities! Help your child understand what it means to be a hero and that there is a hero in every one of us.

### Materials

- Mirror
- Paper
- Paint, markers, poster board, colored pencils, etc.
- Tape (optional)

### Directions

- 1** Look into the mirror with your child. Help her notice the features that make her who she is. Ask her what she sees — *"What color is your hair? Your eyes? Do you have freckles?"*

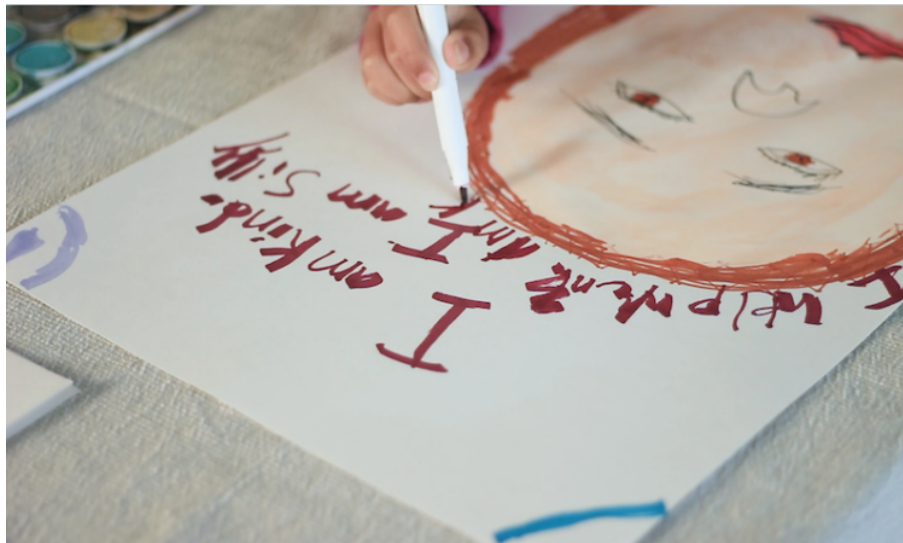


- 2** Have your child draw a self portrait based off of the qualities you talk about. Be creative and make your portrait uniquely you!



- 3** Brainstorm with your child about the character traits that make her unique. Ask your child questions — *"What makes you a good friend? How would your friends describe you? What do you like to do? How do you help others?"* If your child is reluctant to praise herself, start listing some of the positive qualities you see in her.

- 4** Help your child write down her positive qualities around the self portrait she's drawn.



- 5** Once you're finished, hang the portrait so that your child can be reminded every day of what makes her a hero!

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<https://www.pbs.org/parents/crafts-and-experiments/make-a-hero-self-portrait>