

# The Magic Within Leo: A Journey of I Am



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Am

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Leo wakes up as the golden morning sun peeks through his bedroom window, painting patterns on his quilt. He stretches his arms wide toward the ceiling and whispers to the new day, I am ready for a wonderful start.

## LEO & THE MIRROR OF COURAGE



Character Art & Story Moment

Standing before his bedroom mirror, Leo sees a bright smile looking back at him. He stands tall with his hands on his hips and says clearly, I am kind, I am smart, and I am important.



In the kitchen, Leo tries to button his favorite blue shirt, but the small buttons are tricky for his fingers. He takes a deep breath, tries again slowly, and reminds himself, I am capable of doing hard things.



At the breakfast table, Leo looks at a bowl of bright green kiwi he has never tasted before. He takes a small, curious bite and smiles, realizing that I am brave enough to try new things.



Leo steps outside into the crisp morning air, hearing the birds sing in the tall oak trees. He feels the sturdy ground beneath his feet and says to the wind, I am strong and I am steady.



While walking to the park, Leo notices a small flower peeking through a crack in the sidewalk. He kneels down to admire its bright petals and thinks, I am observant and I appreciate the beauty around me.



At the playground, Leo sees his friend Mia sitting alone on a bench looking a little sad. He walks over with a gentle smile and says, I have a big heart and I am a good friend.



Leo and Mia decide to build a giant sandcastle in the sandbox together. As they work side by side, Leo feels happy and says, I am helpful and I love to share my joy.



Suddenly, a stray ball rolls over and knocks down the tall tower of their sandcastle. Instead of crying, Leo starts to pile the sand back up and says, I am resilient and I can always try again.



Leo finds a shiny red ladybug crawling slowly across a leaf in the garden. He watches it move with wonder and whispers softly, I am gentle and I care for all living things.



A big, friendly dog barks loudly nearby, making Leo jump for just a second. He holds his father's hand, feels his heart slow down, and says, I am safe and I am protected.



At the craft table, Leo picks up a paintbrush and looks at a blank piece of white paper. He dips the brush into bright yellow paint and thinks, I am creative and my ideas are special.



Leo accidentally spills a splash of blue paint on the table and feels his cheeks get warm. He grabs a paper towel to clean it up and says, I am responsible and I can fix my mistakes.



During circle time, the teacher asks a question about the stars and the moon. Leo feels butterflies in his tummy but raises his hand anyway, saying to himself, I have a voice and it deserves to be heard.



While playing tag, Leo trips on a tree root and scrapes his knee just a little bit. He brushes off the dirt, takes a calming breath, and tells himself, I am tough and I can handle small ouchies.



Leo looks up at the big, fluffy clouds drifting slowly across the bright blue sky. He imagines he is an astronaut exploring the galaxy and whispers, I have big dreams and I can achieve them.



When it is time to clean up the toys, Leo works quickly to put the blocks back in their wooden bin. He looks at the tidy room and feels proud, saying, I am a helper and I make a difference.



Leo wants to go down the big slide, but there is a long line of children waiting. He stands quietly in his spot and reminds himself, I am patient and I can wait for my turn.



On the walk home, Leo finds a beautiful, smooth stone and puts it in his pocket. He thinks about all the things he learned today and says, I am a learner and I grow every single day.



The sun begins to set, turning the sky into a beautiful painting of orange, pink, and purple. Leo watches the colors change from his porch and says, I am grateful for this beautiful day.



Inside the house, Leo helps set the table for dinner by carefully placing the napkins. He looks at his family and feels a warm glow in his chest, saying, I am loved and I belong.



## Bathtime Fun!

During bath time, Leo watches the soap bubbles float and pop on the surface of the water. He splashes playfully and says, I take care of my body because I am worth it.



Leo puts on his soft, cozy pajamas that smell like lavender and fresh sunshine. He feels calm and relaxed, whispering to the quiet room, I am peaceful and I am at rest.



Snuggled up on the sofa, Leo listens as his mother reads a story about a brave little mouse. He follows the pictures with his eyes and thinks, I am curious and I love to discover new worlds.



Before climbing into bed, Leo gives his parents a big, squeaky hug that lasts a long time. He feels the warmth of their embrace and says, I am surrounded by love and kindness.



Leo looks out his window at the twinkling stars scattered across the dark night sky. He realizes he is just as unique as every star and says, I am one of a kind and there is no one else like me.



Tucked under his warm blankets, Leo closes his eyes and thinks about his favorite parts of the day. He feels a deep sense of happiness and whispers, I believe in myself and I am proud of who I am.



As Leo drifts off into a deep, peaceful sleep, he carries his affirmations into his dreams. He knows that when the sun rises again, he will wake up and say, Tomorrow is a new day and I am ready.