

# My Body Is Strong

Your body allows you to do so many amazing things!

**Show gratitude to yourself by thinking of all the amazing things your body allows you to achieve!**

I am grateful that my brain can

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I am grateful that my eyes can

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I am grateful that my ears can

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I am grateful that my nose can

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I am grateful that my mouth can

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I am grateful that my arms can

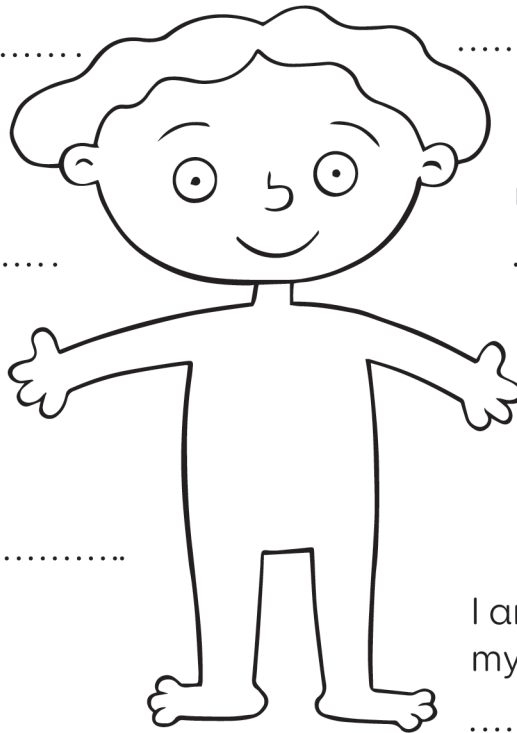
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I am grateful that my ..... can

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I am grateful that my ..... can

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Add your favorite clothes to this outline — it might be your favorite colored top, a sporting uniform or your school clothes — something that makes you feel special and happy!