



1. Close your eyes and think of the word strength. What do you see? Write down the images you see in your mind that represent strength to you.
2. Now, close your eyes again and picture the word strength, but this time focus on sounds. What are some sounds that remind you of strength? What are they like?
3. Write three or more verbs that show actions of strength.

4. What questions do you have about what it means to be strong? Write your questions here.

5. Write three or more similes that go with strength. (A simile is a phrase that uses a comparison to describe something. For example, "cool as a cucumber.")

6. How do you feel about what it means to be strong? Can you find an interesting way to share your feelings about strength such as with repetition or a little rhyme?

I Am Strong

by _____





I hear

I see

I wonder

when I am Strong.

I want

I feel

I touch

when I am Strong.

Sometimes I Worry



Sometimes I cry

I understand

when I am Strong.

I say

I dream

I try

I hope

when I am Strong.