



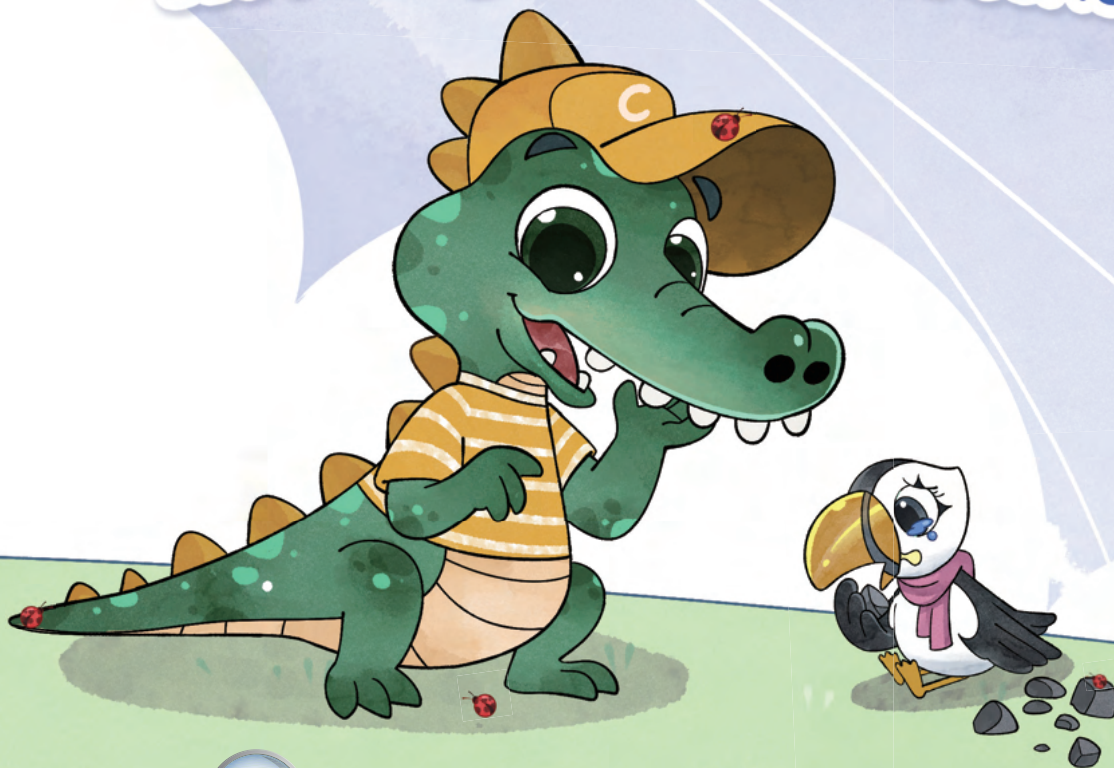


To my sweet boys -
Dream big, shine bright, and
believe in yourselves!
Mama loves you

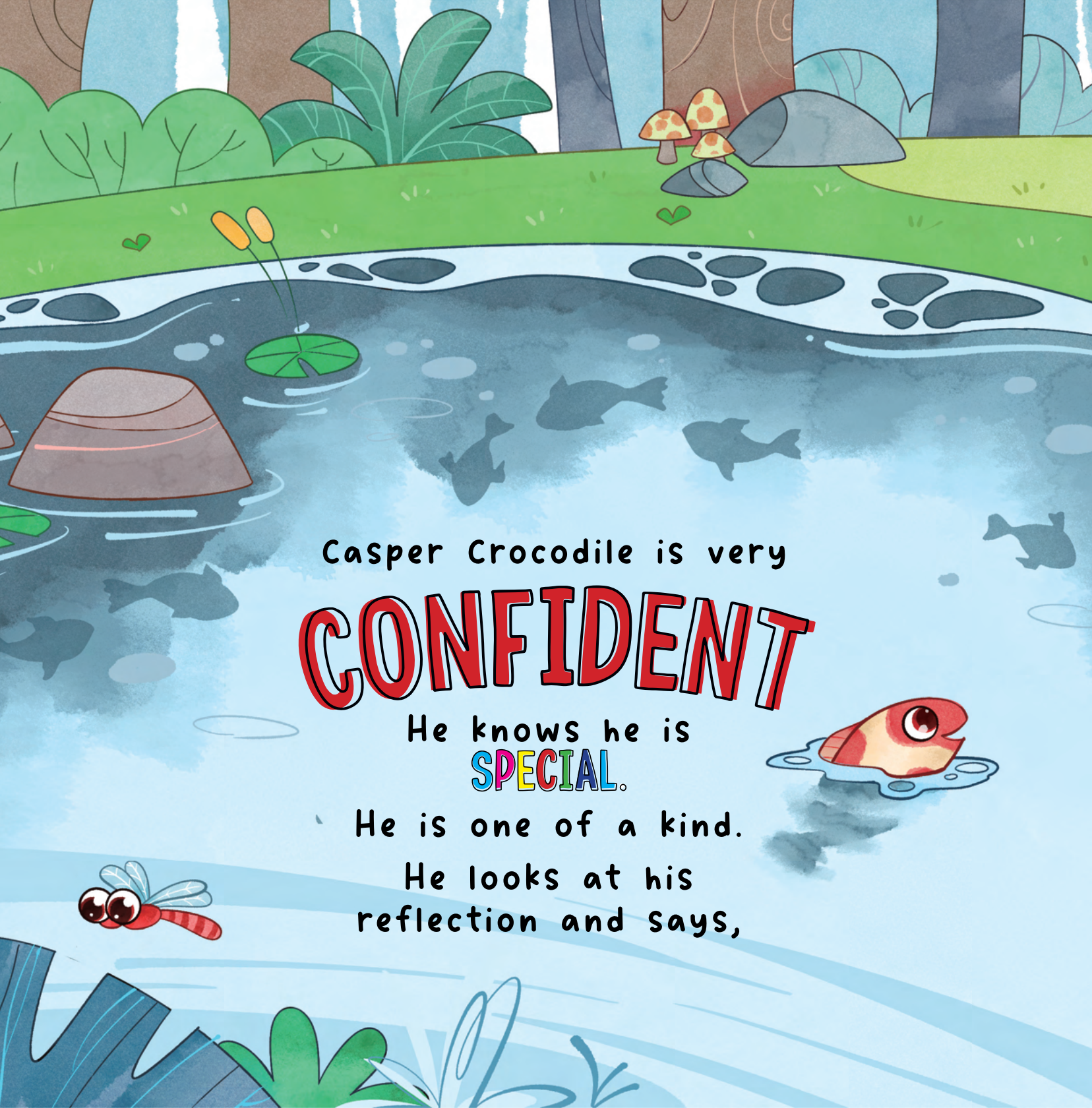
ALWAYS

Casper Crocodile Is **CONFIDENT**

BIG Feelings, Little Bodies Series



How many **LADYBUGS** can you
find scattered throughout the book?



Casper Crocodile is very

CONFIDENT

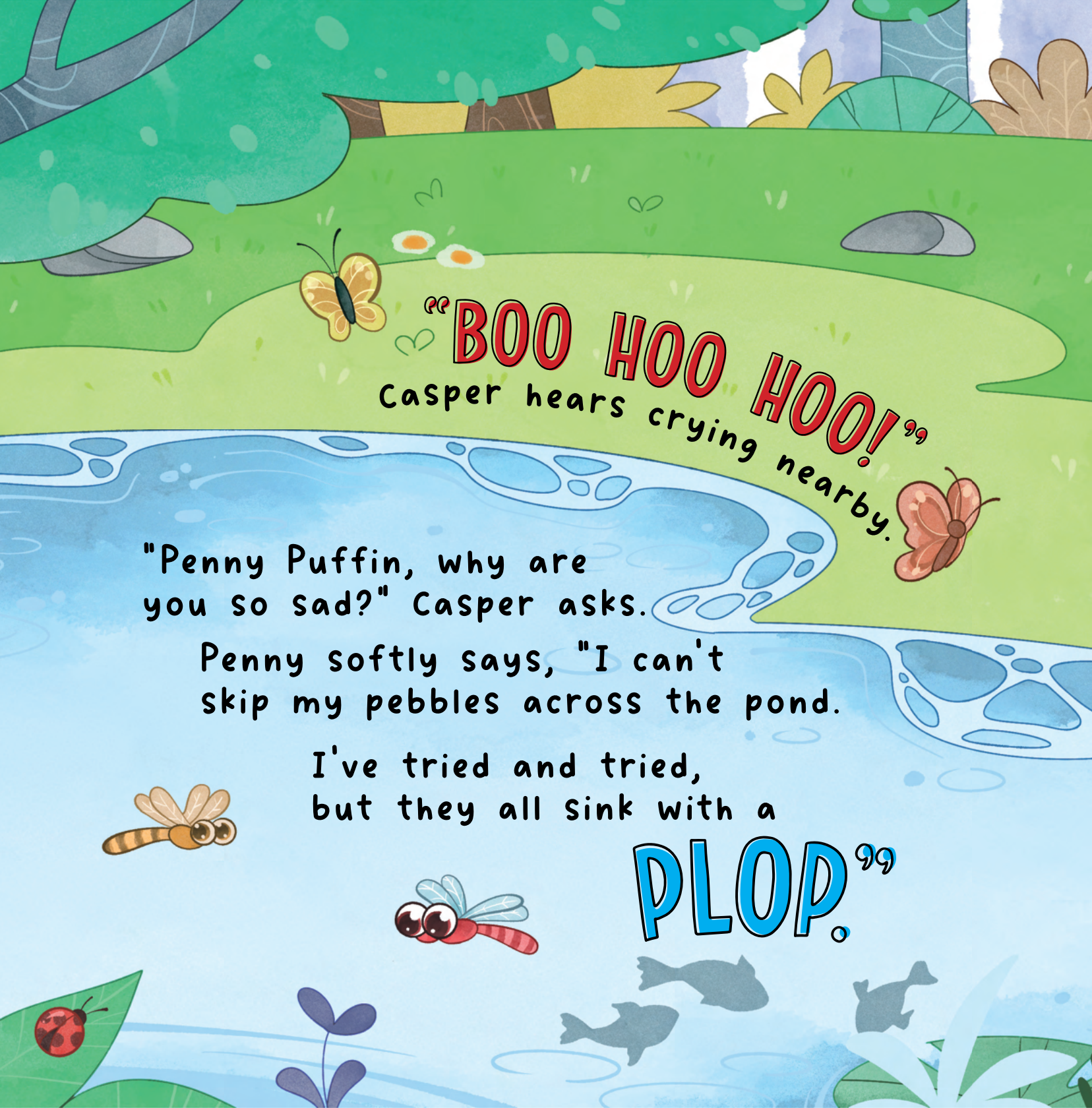
He knows he is
SPECIAL.

He is one of a kind.

He looks at his
reflection and says,



"I AM ME!
There is no one
else I would
rather be!"



"BOO HOO HOO!"
Casper hears crying nearby.

"Penny Puffin, why are you so sad?" Casper asks.

Penny softly says, "I can't skip my pebbles across the pond.

I've tried and tried,
but they all sink with a

PLOP!"



Penny picks up a pebble and gives it a toss.

She watches it
sink with a
PLOP.

"I can't do it! Skipping
pebbles is too hard",
Penny sobs.



"Don't give up", Casper
encourages. "You can do it!
Let your confidence out, let it

SHINE."



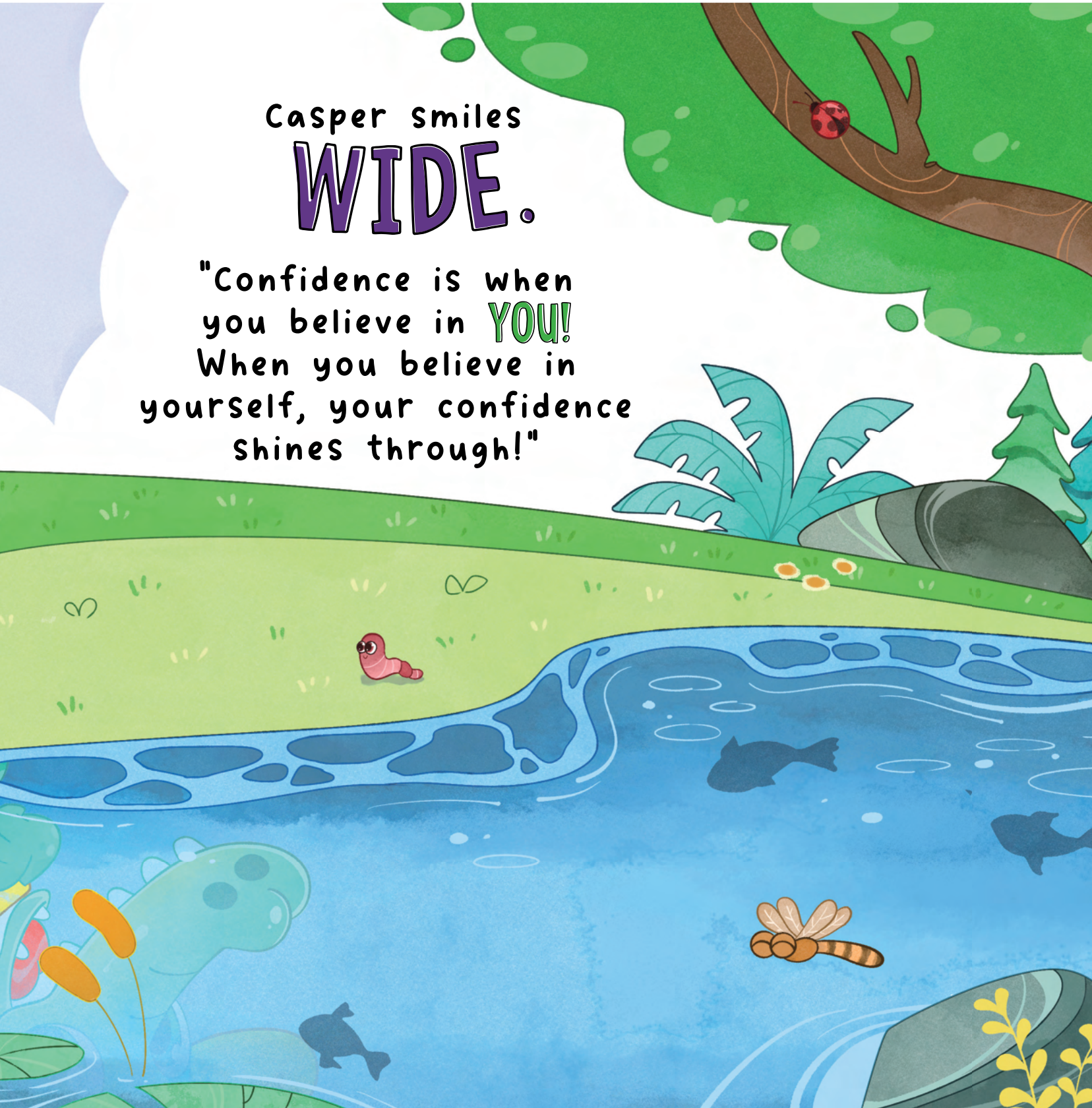


Penny blinks, "Casper,
what is confidence?"
she asks.



Casper smiles
WIDE.

"Confidence is when
you believe in **YOU!**
When you believe in
yourself, your confidence
shines through!"





"You can help your confidence grow.
Repeat these **MAGIC** words after me.
Say them loud. Say them proud."







"I AM SMART...

I know it in my
mind and my heart."



"I AM KIND . . .

I can help myself and
others to shine."





**"I AM
STRONG . . .**

**I try my best
all day long."**







"I AM UNIQUE . . .

I am different in
every way, from my
toes to my cheeks."



"I AM ME . . .

there is no one else
I would rather be!"





Penny wipes the
tears from her eyes.

"I AM CONFIDENT!"

She exclaims. "I believe I can
skip my pebble across the pond!"

She takes a deep breath
and counts **1 2 3.**

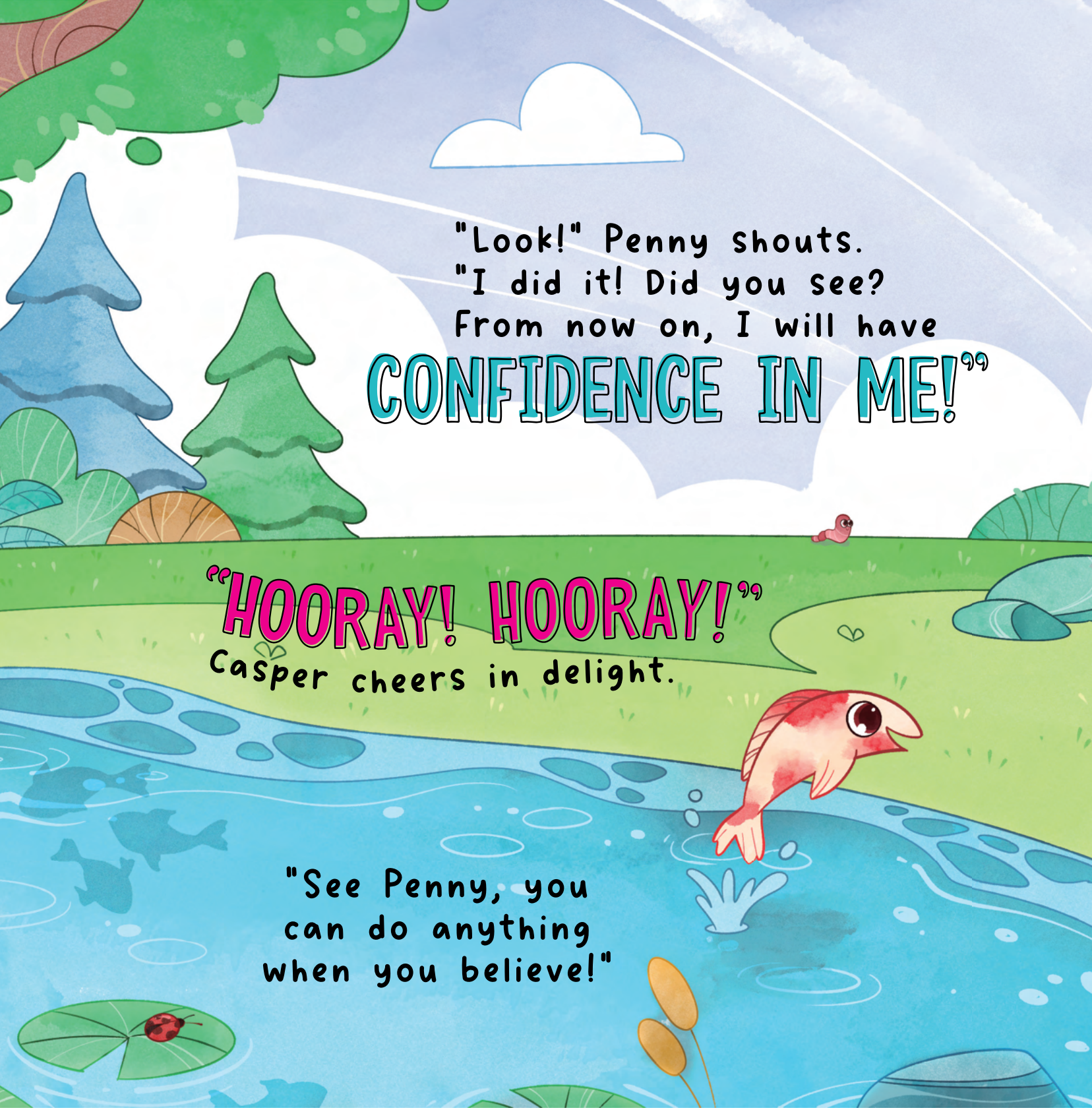
She flings her pebble with a

WHOOSH!

It skips! It hops! It flips! It zooms!

*It dances across the pond
and lands
with a **CLUNK!***



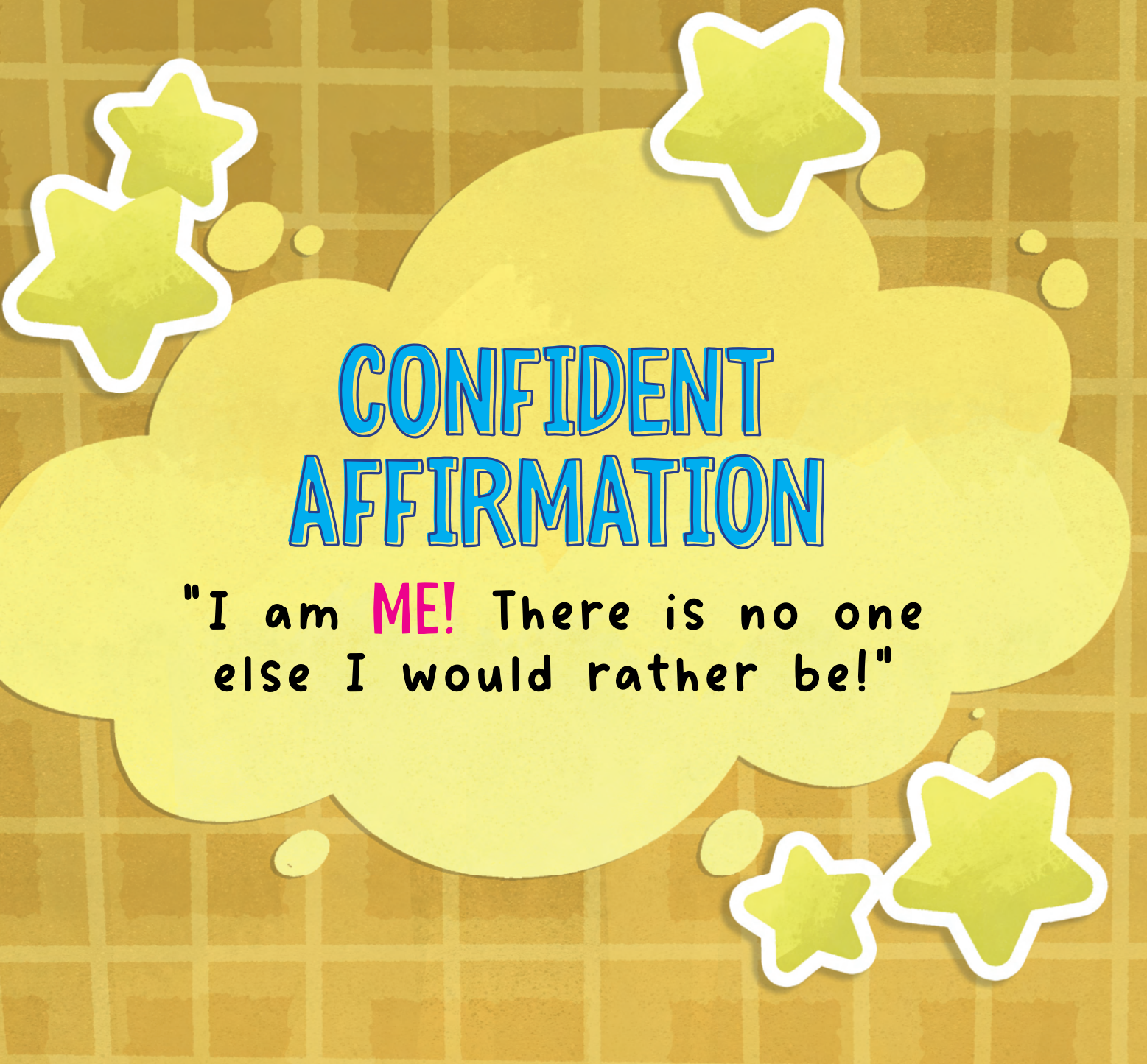


"Look!" Penny shouts.
"I did it! Did you see?
From now on, I will have
CONFIDENCE IN ME!"

"HOORAY! HOORAY!"
Casper cheers in delight.

"See Penny, you
can do anything
when you believe!"



The background is a light brown grid pattern. A large yellow cloud shape is in the center. There are four yellow stars with white outlines: two on the left, one at the top right, and two at the bottom right. There are also several small yellow circles scattered around the cloud.

CONFIDENT AFFIRMATION

"I am **ME!** There is no one
else I would rather be!"







A message for all those entrusted with shaping and molding little minds, hearts, and bodies.

CONFIDENCE IS EMPOWERING.

It's the belief in one's abilities and self-worth. Nurturing confidence in children, helps them build a strong sense of self, positive self-esteem, and the resilience to face life's challenges. Confident children are more likely to develop positive social skills, emotional well-being, problem-solving abilities, independence, and success in school and beyond.

These effective strategies can help to support

CONFIDENCE DEVELOPMENT

OFFER ENCOURAGEMENT OVER PRAISE.

Focus on effort and growth rather than just outcomes.

SET REALISTIC, ACHIEVABLE CHALLENGES.

Let them try, stumble, and succeed on their own.

MODEL SELF CONFIDENCE AND SELF KINDNESS.

Children mirror what they see.

LET THEM SOLVE PROBLEMS INDEPENDENTLY.

Provide guidance, not all the answers.

Helping your child grow in confidence gives them the courage to connect with others, face challenges, and believe in themselves every step of the way.

ABOUT THE AUTHOR



Megan Camacho-Balkenbush is a proud mom, a creative storyteller, and a passionate advocate for children's emotional well-being. With years of experience as a pediatric occupational therapist and behavioral specialist, Megan brings heart and expertise to writing. Her mission is simple but powerful: to help all children understand their emotions and build the confidence and skills to express and manage them. Megan lives in Japan with her husband and two boys, who are three and six years old. She noticed a gap in resources for effectively teaching young children foundational social-emotional skills. In response, Megan has created the BIG Feelings, Little Bodies. The series provides stories, and simple skills, tools and accompanying resources all parents, caregivers and educators can use to help children establish their foundation of emotional intelligence. The BIG Feelings, Little Bodies series is a must-read to nurture your child's emotional growth!





CONFIDENCE STARTS WITH ME

(To the tune of "If You're Happy and You Know It")
Inspired by Casper Crocodile is Confident

VERSE 1

If you're feeling really SMART,
say "I'm smart!"
"I'M SMART!"
If you're feeling really SMART,
say "I'm smart!"
"I'M SMART!"
If you're feeling great today,
Let your smile light the way!
If you're feeling really SMART,
say "I'm smart!"
"I'M SMART!"

VERSE 2

If you're feeling really STRONG,
show your pose!
(POSE!)
If you're feeling really STRONG,
show your pose!
(POSE!)
If you're feeling really strong,
Sing it loud and sing it proud!
If you're feeling really STRONG,
show your pose!
(POSE!)

VERSE 3

If you're feeling really KIND, give
a high five!
HIGH FIVE!
If you're feeling really KIND, give
a high five!
HIGH FIVE!
If you're kind and full of cheer,
Let's spread it far and near!
If you're feeling really KIND, give
a high five!
HIGH FIVE!

VERSE 4

If you're feeling UNIQUE, say "I
shine!"
"I SHINE!"
If you're feeling UNIQUE, say "I
shine!"
"I SHINE!"
You are special it is true,
Let the world see all of you!
If you're feeling UNIQUE, say "I
shine!"
"I SHINE!"

VERSE 5

If you're feeling really proud,
shout "I'm me!"

"I'M ME!"

If you're feeling really proud,
shout "I'm me!"

"I'M ME!"

There's no one I'd rather be,
I'm exactly who I need!

If you're feeling really proud,
shout "I'm me!"

"I'M ME!"





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