

Could you be a Slow-Motion Superhero?

In the story, *The Girl in Slow Motion*, Hayley sees herself as a superhero of gratitude by slowing down and being mindful. Could you be a slow-motion superhero too? Let's find out!

Can you name 3 things you are grateful for?

1. _____

2. _____

3. _____

How can you encourage others to be mindful?

Turn the page to find out your results!.....

Congratulations! You have what it takes to be a slow-motion Superhero!

To join Hayley and her team of superheroes, draw a picture of yourself in your best superhero attire.

