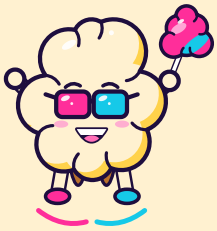


Kernel's Playhouse
Pause. Plan. Play!

"I CAN" CARDS

"I can" cards 1 of 2

Cut out the cards. Say one out loud each day.



I can pause, plan and play.

Kernel



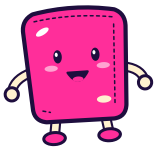
I can look, wonder and try.

Ladyfinger



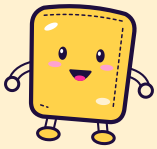
I can try again.

Halo



I can play fair.

Bean



I can share and help.

Bag



I can be a little braver.

Pip

For grown-ups: Read one card together in the morning or at bedtime. Cards are gentle reminders, not rules. Cutting is a grown-up job. Print at home on US Letter paper. No sign-up, no email, and nothing on this page collects information.

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"I can" cards 2 of 2

Cut out the cards. Say one out loud each day.



There is a place for me.

Dot



I can rest and feel calm.

Luna



My feelings can be big, and that is okay.

Twist



I can ask a question.

Beam



I can tell my story.

Marquee



I can sing with my friends.

The Glowbugs

For grown-ups: Read one card together in the morning or at bedtime. Cards are gentle reminders, not rules. Cutting is a grown-up job. Print at home on US Letter paper. No sign-up, no email, and nothing on this page collects information.

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