



★ Let Me Be Me — A 10-Minute Family Evening Ritual

"A quiet invitation to help your child feel proud of who they are — right now."

♥ **What It's For:**

Building self-identity in kids (ages 3–10)

Creating family language around authenticity

A moment to anchor presence, not performance

Use it after school. Before bedtime. On a random Tuesday that feels a little frayed.

No pressure. Just presence.

📦 **You'll Need:**

1 piece of paper (or the printable poster we'll include)

A pen, crayon, marker — whatever's nearby

A cozy setting (blankets, warm light, maybe a snack nearby)

🔄 **The Ritual (Takes 10 Minutes)**

Step 1: Set the Mood

Say something like:

"Hey... want to do something a little special? It's called 'Let Me Be Me.' It's not a test.

Just a way to say: This is who I am today."

Cuddle up or sit on the floor together. Make it feel like a story is about to start.

Step 2: Fill Out These 3 Prompts Together

Let your child answer freely — with words, doodles, sound effects, or interpretive dance.

📄 *Prompt 1: "Let me be... [something real]"*

(Examples: "Let me be silly," "Let me be quiet sometimes," "Let me be the one who laughs when nobody else does")

📄 *Prompt 2: "One thing I like about me is..."*

(Even "I make great burp sounds" counts — especially if it's true.)

📄 *Prompt 3: "One way our family helps each other be real is..."*

("We take turns," "We don't make fun of weird outfits," "We all like soup differently and that's okay.")

Step 3: Celebrate Their Words

You might say:

"That's so you. And that's what makes you so wonderful"

✉ **Final Note to Parents:**

This isn't about branding your child. It's about letting them unfold.

When you make space for who they already are, you show them they're already enough.

And that? ***That's a Super Power.***



I am:

I came onto the world on:

Date:

Today my Super Power was:



Date:

Today my Super Power was:



Date:

Today my Super Power was:



Date:

Today my Super Power was:



we have super powers

Date:

Today my Super Power was:

Signed with Power by me:

let me show
My own Super Power

