

On the Highway of Life, everyone meets...



BUMPS...

Little and middle-size happenings like being left out of a game, being called a name or leaving your lunch at home...



... and HAZARDS...

Like being bullied, getting so upset that you can't calm down or feeling like nothing you do is perfect or ever good enough



... which means, everyone needs **TOOLS**...

Skills that help to get over the BUMPS and past the HAZARDS. Those skills look like being calm, having a positive mindset and knowing what to do when little, middle-sized and even very BIG things happen.

Being a HERO...

Means trying your hardest and using your **TOOLS** whenever you meet a **BUMP** or a **HAZARD**—and asking for help too!

