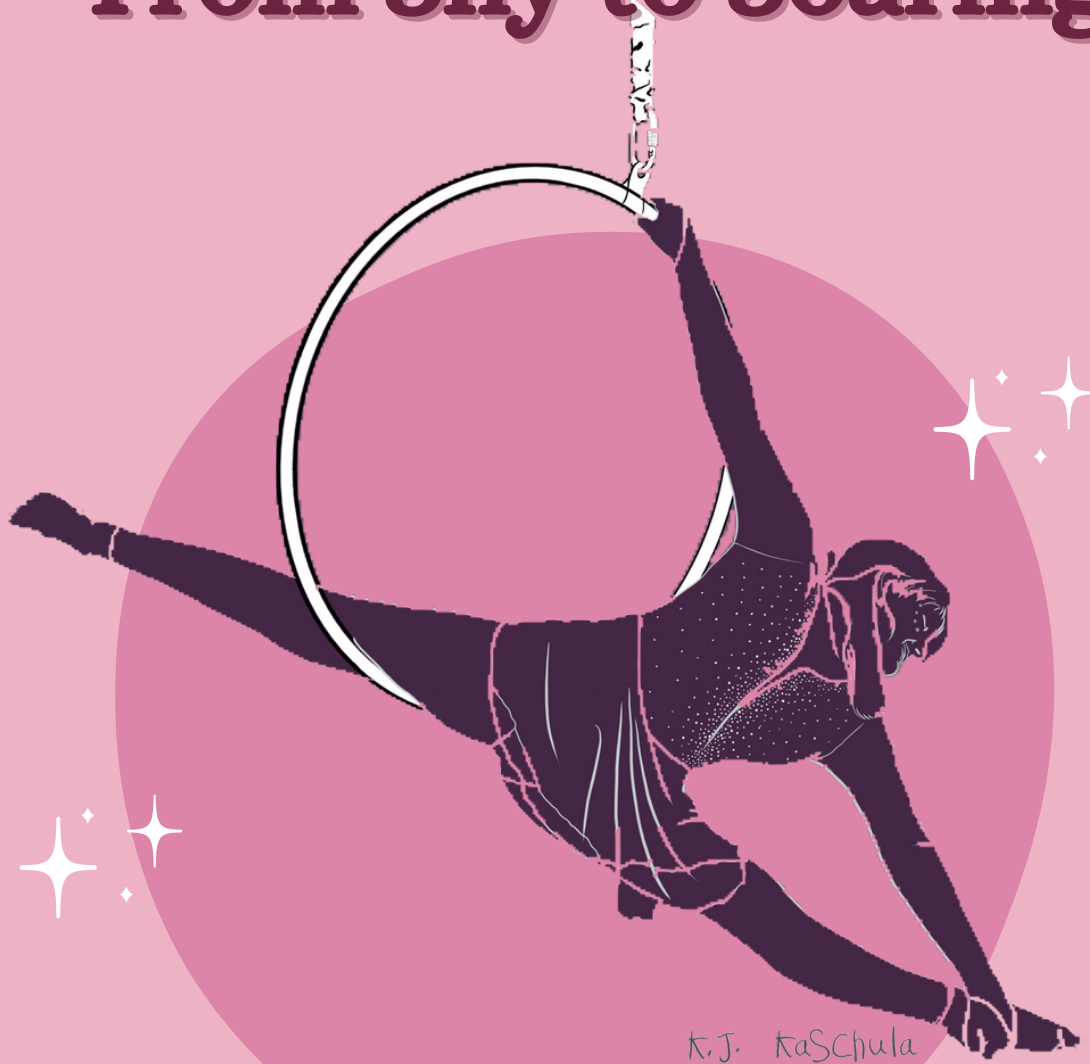


# Coloring to Confidence: From Shy to Soaring



THIS COLORING BOOK IS A COMPANION TO  
CHAPTER 21, "FROM SHY TO SOARING:  
CECILIA'S FLIGHT TO CONFIDENCE," IN THE  
BOOK *BRAVE KIDS VOLUME 2: SHORT STORIES  
TO INSPIRE OUR FUTURE WORLD-CHANGERS*

all  
about  
**ME**

Name:

Age:

Pets:

Birthday:

favorite snacks:

Bestfriend:

Family  
how many

Favorite  
toy/game:

Brothers:

Sisters:

Favorite  
color:

Favorite  
subject:

Favorite  
place:

Hobbies:

Here's a picture of  
me:

# ALL ABOUT ME

*Answer the following questions about yourself:*

One thing I want to learn is:

---

---

---

One thing that makes me happy is:

---

---

---

One thing that I am afraid of is:

---

---

---

One thing I like to do to calm down is:

---

---

---



The best part of being me is:

---

---

---

# Cecilia's Party

Draw Cecilia's feelings during her birthday party in the space below. Have you ever felt the way Cecilia did? Why?

# Cecilia's Journey

Create a timeline detailing Cecilia's journey from start to finish. How is it similar to your own journey? How is it different?



# Emotion Color Wheel

Use the color wheel below for this exercise.

Circle how you felt before and after reading Cecilia's story. It's okay to circle multiple feelings!

**Before:**



**After:**



# Letter to Cecilia

Write a letter to Cecilia offering her advice and/or words of encouragement in the space below.

# Superhero

Imagine you're a superhero who has the power to overcome shyness. Draw what your costume looks like in the space below.



# Superhero Story

Write a story about your superhero who has the power to overcome shyness. How do they overcome it? How does this impact them?

# Dream Performance

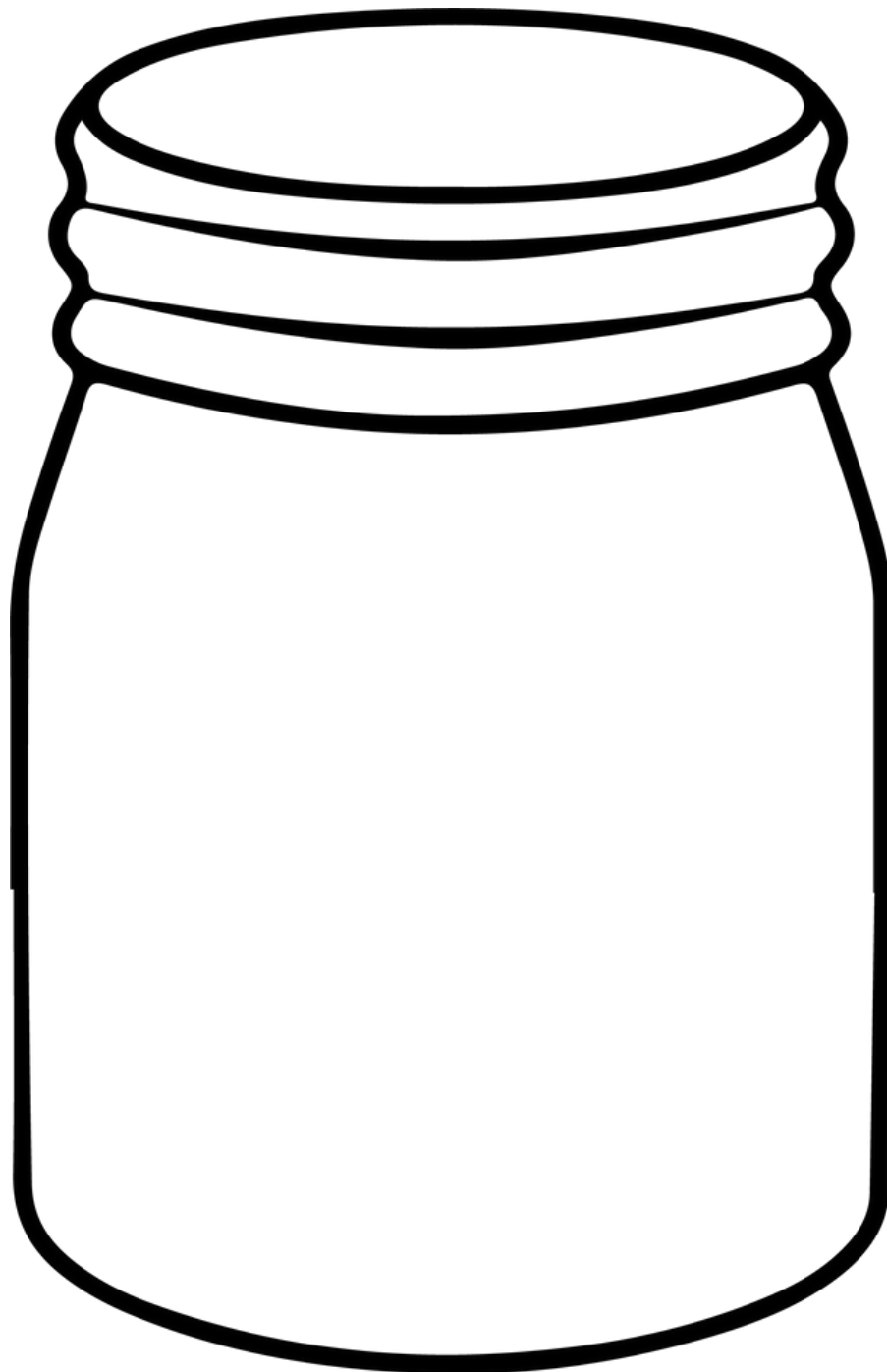
Imagine you're performing in front of a crowd. What are you doing? Singing, dancing, playing an instrument, something else? Write or draw it below.

# Being Brave

Write about or draw a time where you felt shy but did something brave. What did you do? How did it make you feel?

# Compliment Jar

Write compliments for yourself in the jar below. What do you like about yourself?  
What are you good at?



# Positive Affirmations

Write down positive affirmations to boost your self-confidence, such as “I am brave” or “I can do hard things.”

# Find Your Craft

List your favorite activities and share which ones you like most and why.

# My Goals

What goals can you set for yourself to feel more confident? List them below.

# Cecilia's Next Adventure

Imagine a challenge that Cecilia may face next. Write a short story about how she overcomes this new challenge.



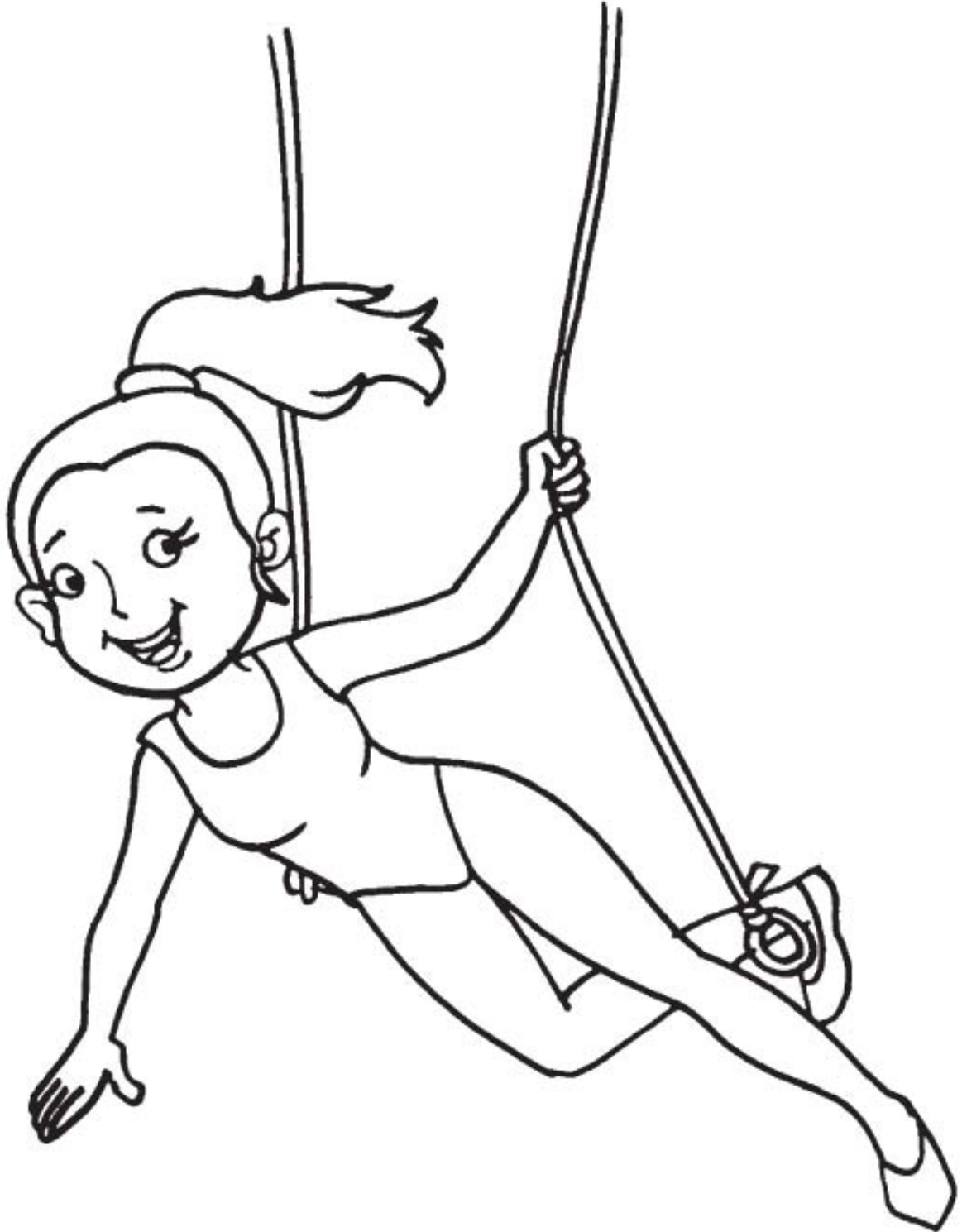
# Coloring

Color in the picture below.



# Coloring

Color in the picture of Cecilia performing at her show.





# New Hobbies

Write down or draw some activities that you'd like to learn or try, just like how Cecilia did with choir and aerial arts.

# Expressive Art

Draw a picture of something that makes you happy, excited, sad, or angry. Share it with a friend and describe your feelings.

# Celebrating Success

Write about or draw an accomplishment that you made recently. How did it make you feel?

# Conclusion

As you finish "Coloring to Confidence: From Shy to Soaring", remember that every challenge is an opportunity to learn and grow. Keep believing in yourself, and don't be afraid to ask for help when you need it. With courage, kindness, and resilience, you can overcome any obstacle and achieve your dreams!

