



Name: \_\_\_\_\_

**Builder-Upper:  
I Am Powerful!**

**Bingzy says, “When you listen to others, you can learn something new.”**

### Read the story aloud and discuss.

Joey wanted to make the soccer team. He asked his father what he should do.

“You need to be healthy and in good shape to play soccer, or any other sport,” Dad said. “Let’s make a list of things that will help you.”

1. Eat healthy meals.
2. Limit your sugary/salty treats.
3. Drink lots of water every day.
4. Get more exercise and spend less time watching TV.
5. Learn the rules of the game and practice.

“I can do that,” Joey said.

“Good. I’ll help you. Get the ball and we’ll go to the park and start kicking it around!”

Joey gave a thumbs up. “Thanks, Dad,” he smiled. “You rock!”



## READ & DISCUSS

**Was Joey smart to discuss his problem with his dad? Why?**

**What new things did Joey learn from his dad?**

**What new things have you learned today?**