

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

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

**Bingzy says, “Strength comes  
from inside.”**

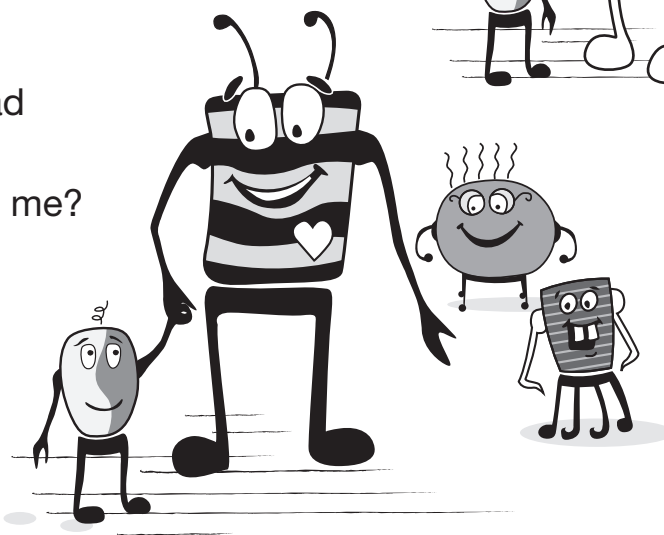
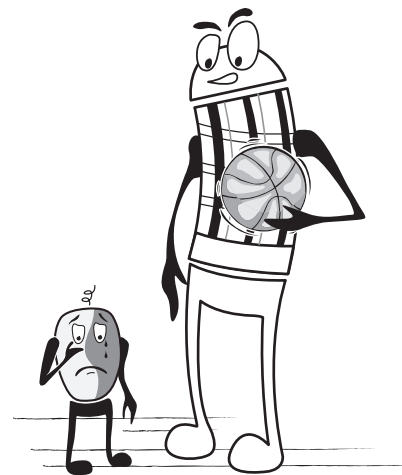
**Read aloud and discuss.**

I’m not as tall as my brother  
And I’m not as fast as Dan.  
I can’t run or jump or do anything  
As well as Dan can.

Sometimes I cry and get really mad  
And he calls me a baby.  
I wonder, will he ever stop teasing me?  
Yes, no, or maybe?

Bingzy says I can be strong,  
That strength comes from inside.  
He says to just be myself  
And never run and hide.

Bingzy says that I am special  
And that I can lead someday.  
By learning to be strong inside,  
Good things will come my way.



**READ & DISCUSS**

**Does anyone tease or bully you, and  
make you feel bad about yourself?  
What do you think it means to be strong?  
Have you treated someone unfairly?**

Talk to your parents or teacher. Ask them  
what you should do when someone treats  
you unfairly or is rough with you.