



I am kind and share my kindness with others ...
Just like how organ donors share parts of their body to save lives, I can be kind and share what I can too.



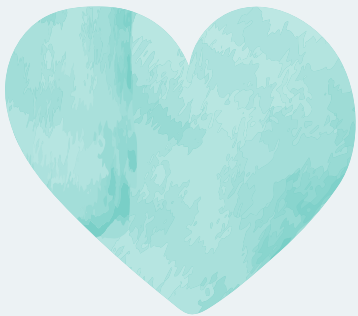
I am capable of handling challenges ...
Even when things are hard, I stay strong—just like people waiting for a transplant who show big courage every day.



I believe in myself and my abilities ...
My body is amazing and can even help others one day—my organs, tissues, and cells are powerful heroes!



I can learn new things every day...
Today I learned that one person can save up to 7 lives through donation. That's amazing knowledge to share!



Mistakes help me learn and grow...
Every experience helps me grow—just like doctors and donors learn and give more each day to help others heal.



My mind is full of great ideas...
Like thinking of ways to spread the word about being a hero through organ and tissue donation!



I bring positivity to those around me...
My smile, my words, and even my healthy body parts can make the world a better place.



I am calm, focused, and ready to learn...
I'm ready to learn about the body, how it works, and how I can be a life-saver just by knowing more.



I have a creative
imagination...

I imagine a world where
everyone knows they can be
a hero just by saying "yes"
to helping others.



I celebrate my
achievements...

Just like donors and
transplant teams celebrate
every life saved, I can
celebrate all the good I do!



I am excited about today...

Because every day is a
chance to be kind, help
someone, or talk about how
our bodies can save lives.



I will show kindness to
myself...

Because my heart is big,
strong, and capable of loving
—and one day, it could help
another child live.



It is okay to not know
everything...

That's why we learn
together! Like how the
cornea in your eye can help
someone see again.



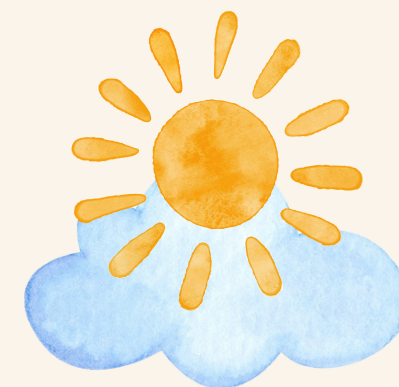
I can make a positive
difference...

Even as a kid, I can teach
others that sharing organs
and tissues saves lives and
brings hope.



I accept myself for who I am...

Every part of me is special—
from my brain to my bones—
and one day, they might be
someone's second chance.



I am grateful for today...

Because someone, somewhere
is living a new life thanks to a
donor's gift—and that's
something to celebrate.