

Fill in the blanks.

Once upon a time, like maybe yesterday, you were listening to _____ while doing the dishes because you are a responsible, _____-year-old member of your household. As you are soaping up _____'s favorite _____, it accidentally slips out of your hands and breaks into _____ pieces in the sink. Time stands still and your cheeks blush as you feel _____ and _____. After your first thought of "Oh _____!" you likely try one of the following solutions.

(song/band/singer/podcast)
(your age)
(member of your household)
(fragile dish item)
(number)
(emotion)
(another emotion)
(keep it clean!)

Circle one.

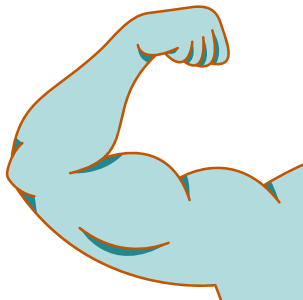
- I CAN FIX IT!**
Superglue to the rescue!
- I CAN HIDE IT!**
Glass is recyclable, right?
- I CAN PASS THE BLAME!**
The dog did it?

Draw a line to match the above solutions with the cover-ups below.

- I tried to make it go away.
- I pinned it on someone else.
- I tried to deceive my family member

What do these cover-up attempts have in common?*

Did you know?



When you pump iron, you are actually creating small tears in the muscle fibers, called microtears? Your body sends all the good nutrition back to those areas to repair the tears, all while making you stronger.

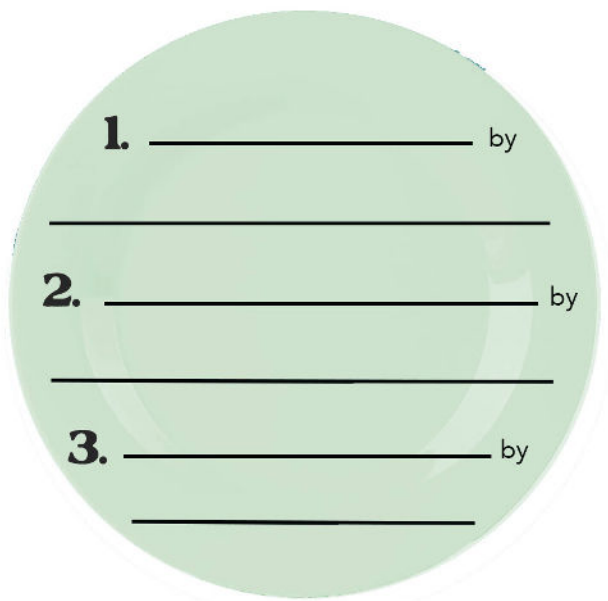
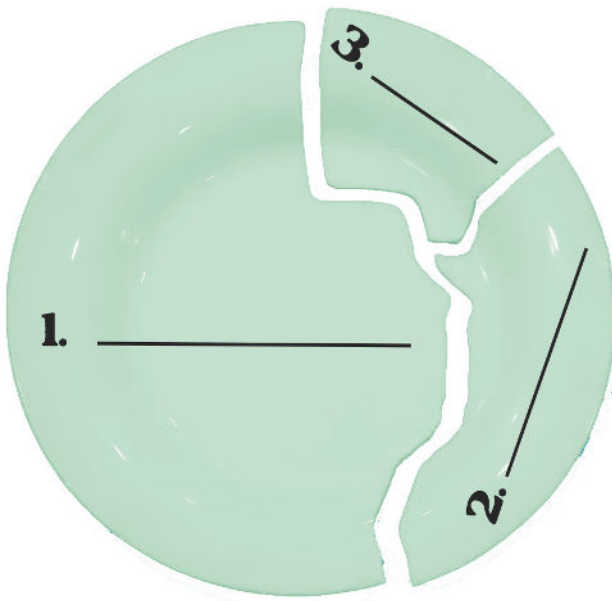
So what if we look at that broken dish as a way to get stronger or learn something new?

*They are all trying to avoid the truth and by doing so, they piggyback their first honest mistake with a dishonest solution.

And your point is? (Circle the best answer)

Today is Yom Kippur / Halloween, and on this day you focus on parkour/ forgiveness, reflecting on how you can be a thoughtful / louder member of your family and community. The goal is not only for others to think you're all that, but also for you to return to your truest / silliest self, building on your mistakes / Legos for a brighter, future you. If today were a button on our keyboard, it would say refresh / escape.

Let's do a little brain exercise!



1. On the broken plate, write three things about yourself that might frustrate you or make you feel "less than."

2. On the whole plate, write three actionable goals you have for yourself and how you are going to accomplish them. (They may or may not relate to what you wrote on the broken plate pieces.)

3. Cut out the shards (imperfectly is welcome!) and the full plates. Write your initials on the backs and put everyone's broken and full plates in one envelope and shake it up. Seal it and place inside a kitchen cabinet that everyone uses. (It's your choice whether or not you want to share out loud.)

Now what?

When you reach for a plate tomorrow, the next day, or 4 months from now, don't be afraid of the broken pieces! They are reminders that everyone—you, your parents, and even Taylor Swift—is imperfect and will grow stronger by being a little broken.

For a little levity, on the back on the first page, draw a picture of a character name Joy Von Joliberg!