

"V"TOONS™ COLORING PAGES **ASSERTIVENESS**

Be your "BEST" with Virtues!

When kids understand virtues they tap into character strengths that guide them when faced with decisions between right and wrong, good from bad, or when they find themselves experiencing personal challenges and difficulties.



Kids love Cartoons!



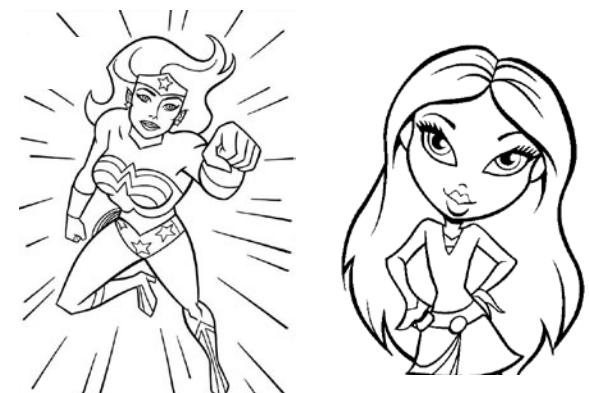
THE V CHANNEL.COM
INSPIRING KIDS TO BE THEIR "BEST"

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Virtues empower kids to:

- Overcome adversity and achieve their goals
- Rise above negative influences
- Be kind, honest and trustworthy
- And much more!

Learn more at theVchannel.com



Kids need Virtues!



Learning About Virtues is Easy and Fun!



Invite your kids to pick their favorite characters and print the "V'TOONS Coloring Pages.



Read about the virtues while your kids have fun coloring "V'TOONS.



Display "V'TOONS as a daily reminder that virtues empower kids to be their "Best."

Learn more at theVchannel.com/vtoons



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Be your "BEST" with Virtues! —COURAGEOUS MOUSE

ASSERTIVENESS

Being assertive means to be positive and confident.

Being assertive means you speak out and express your own ideas and opinions, even if you feel shy. You tell the truth about what is right or wrong.

When you are assertive, you think for yourself. You show the strength not to let others hurt you or influence you in negative ways. You don't let people bully you or hurt you.

Being assertive does not mean you control things or always get your own way.

Learn more at theVchannel.com/Assertiveness



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COURAGEOUS MOUSE from outletsportzona.com, by Abella Devos.

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Be your "BEST" with Virtues! —BART SIMPSON

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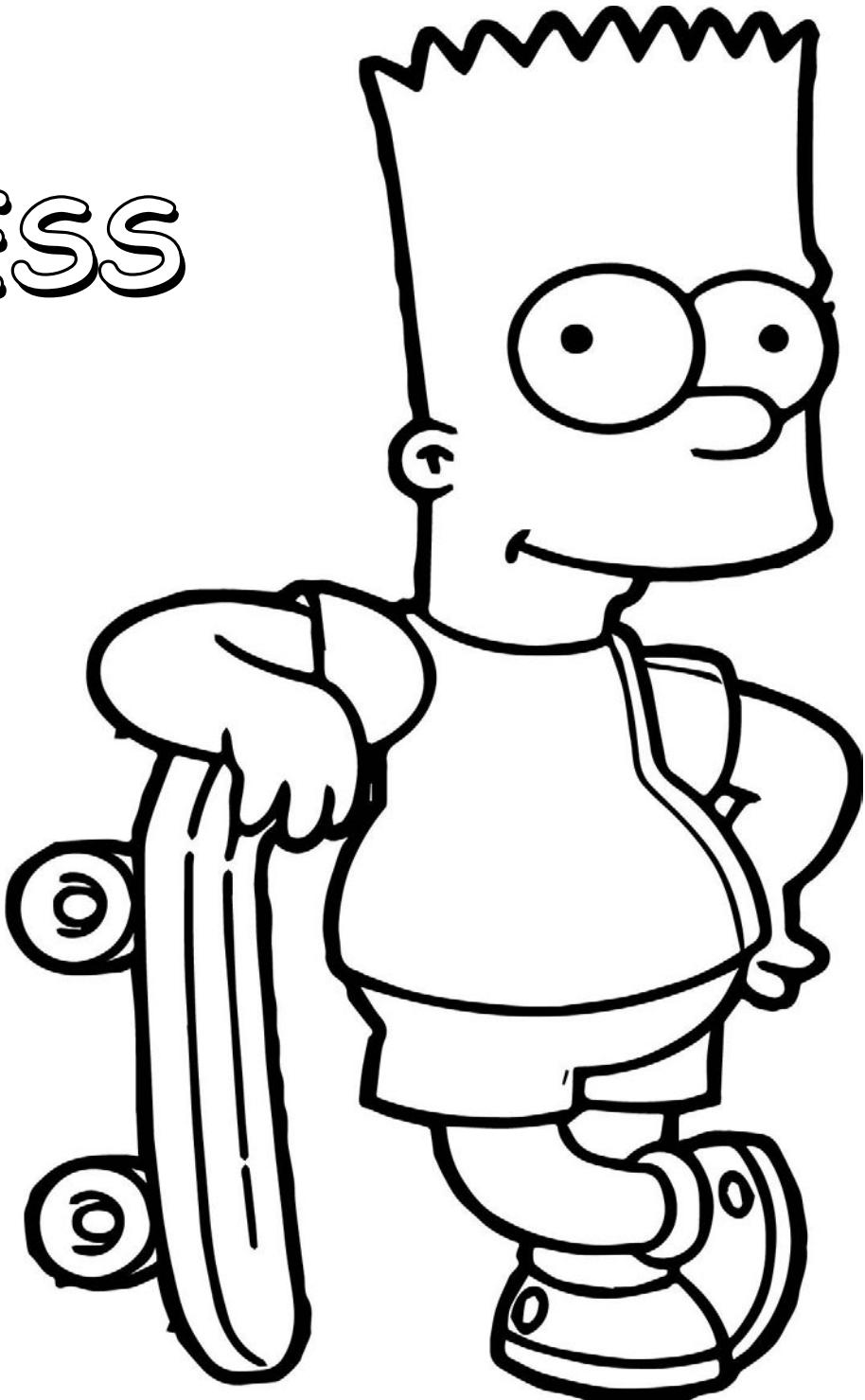
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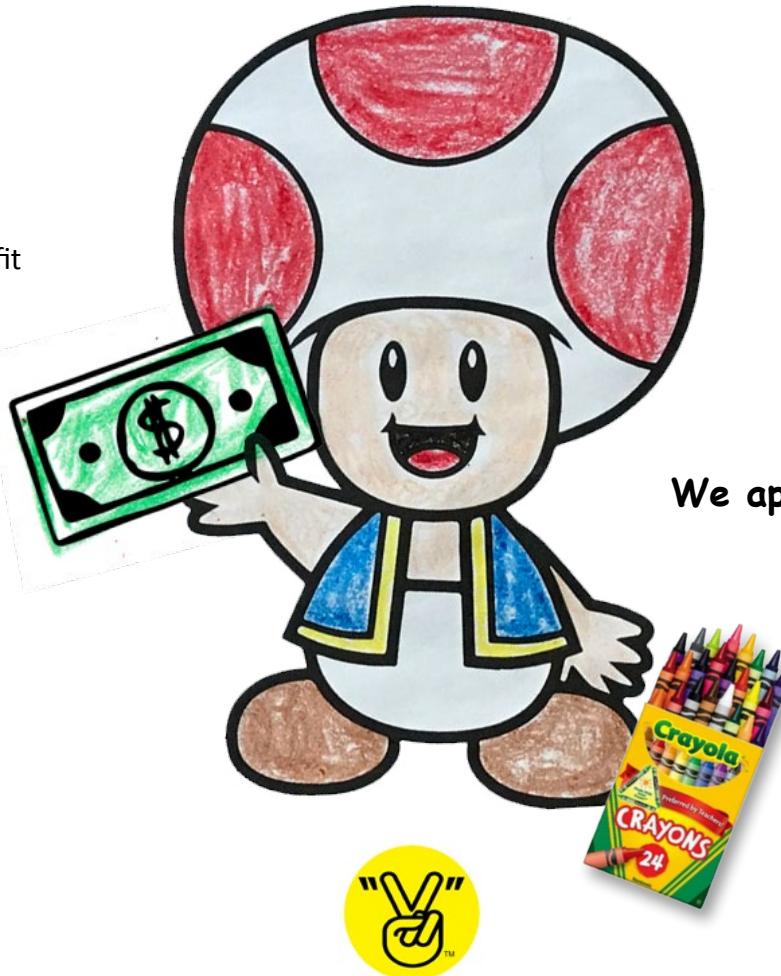




Please make a tax-deductible donation today!

The V Channel is a 501(c)(3) nonprofit organization. We depend on the generous support of people like you.

Every dollar we receive goes directly toward inspiring kids everywhere to choose virtues!



Donate now ►

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We appreciate your generosity!
— The "V"TOONS Team

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Be your "BEST" with Virtues! —WONDER WOMAN

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Be your "BEST" with Virtues! —CLOE

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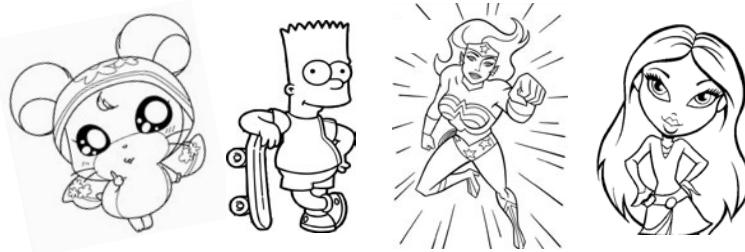
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You are practicing **ASSERTIVENESS** when you...

- Recognize you are worthy of respect
- Think for yourself
- Tell the truth about what is just
- Ask for what you want and need
- Set boundaries about what is right for you
- Freely express your thoughts and feelings

Affirmation:

I am assertive. I think for myself and do what I feel is right. I am my own leader. I expect respect at all times. I freely express my own ideas.

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What does **Assertiveness** look like to you?
Draw and color a picture here ↴



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**PLAY NICE
DISNEY CHARACTERS
SUPERHEROES
STOP BULLYING!**



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