

Meet Mia the Super Hero

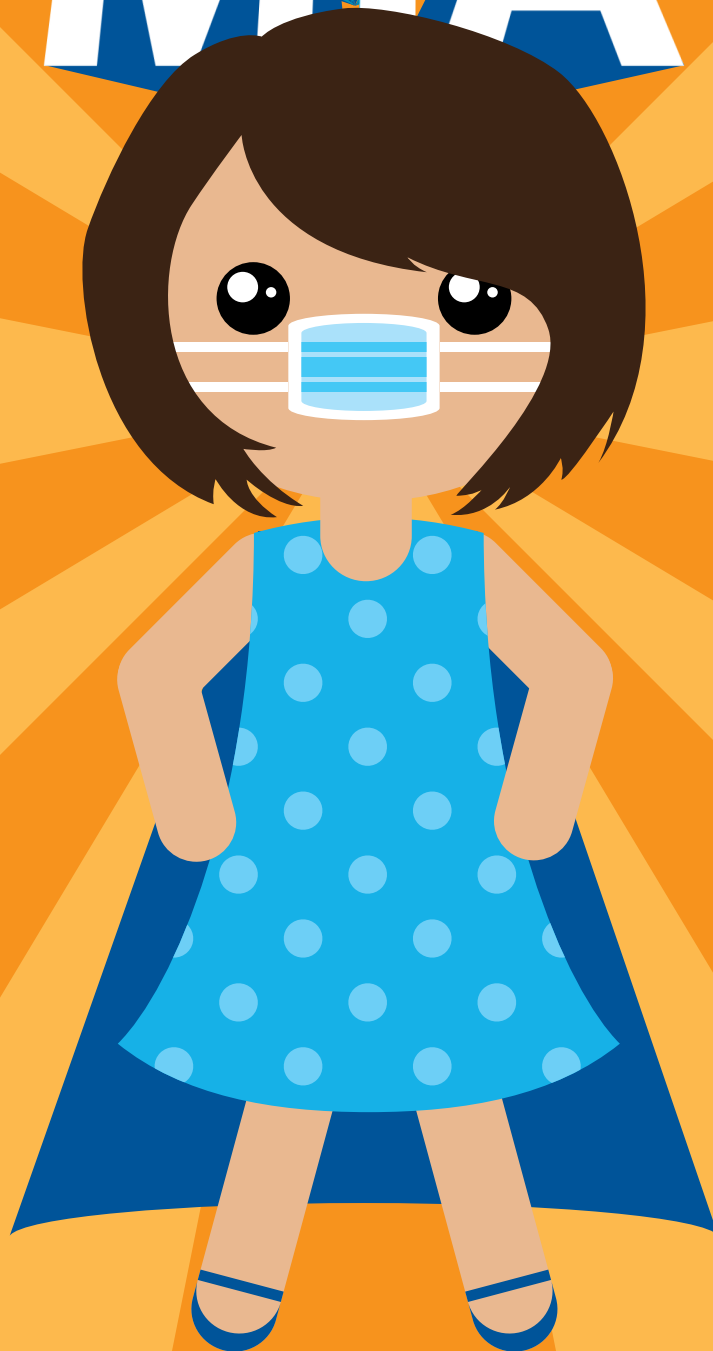


Hi, I'm Mia*



**Well, at least that's
what my **parents** call
me. **You** can call me...*

MARVELOUS MIA



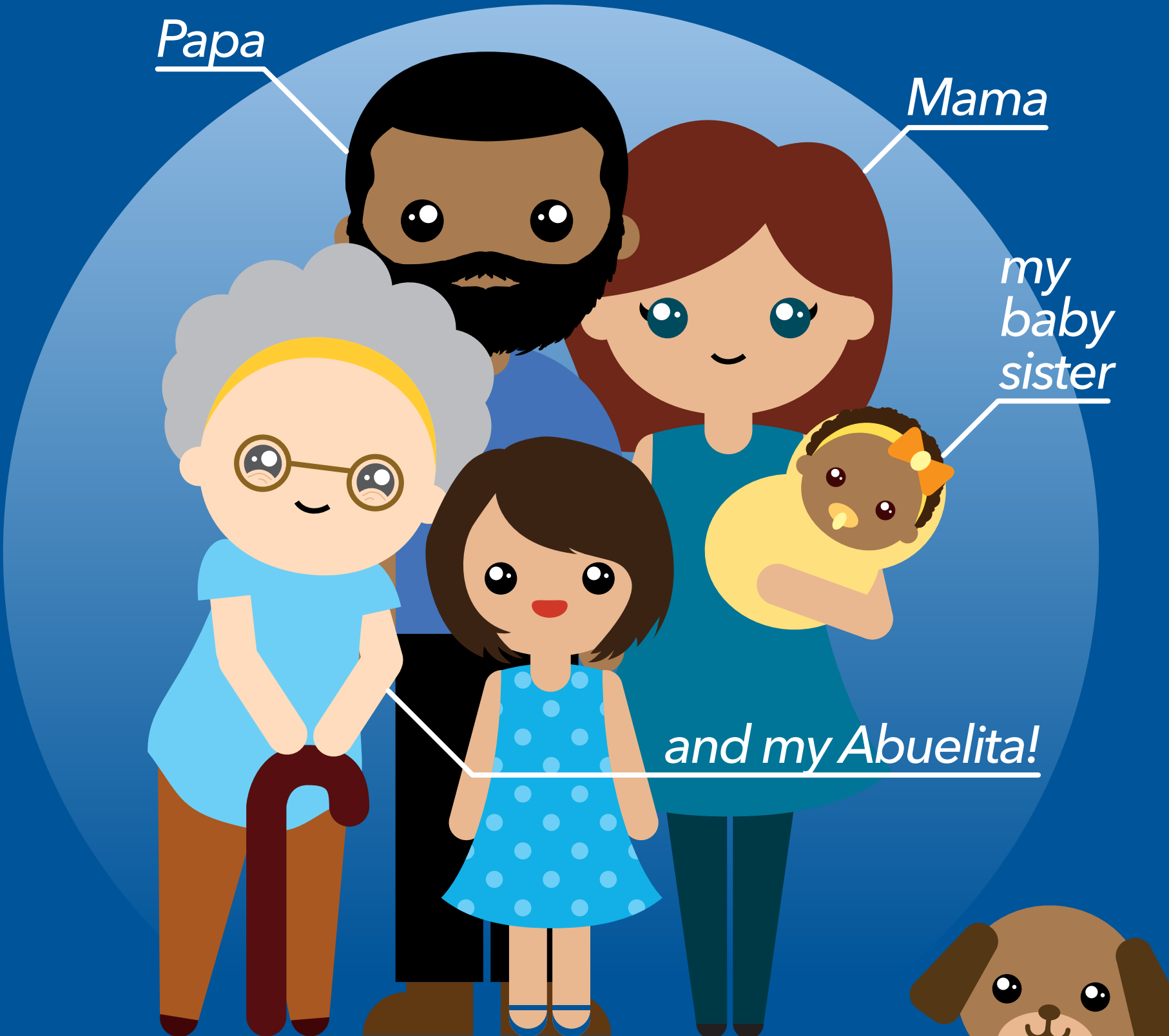
This is my family:

Papa

Mama

*my
baby
sister*

and my Abuelita!



**Oh, and this is Waffles,
our family dog.**

I'm sure you can
guess by his name
– he **LOVES** waffles!



My cousins used to come over all the time to play. Now, we've discovered new ways to play games and spend time together.

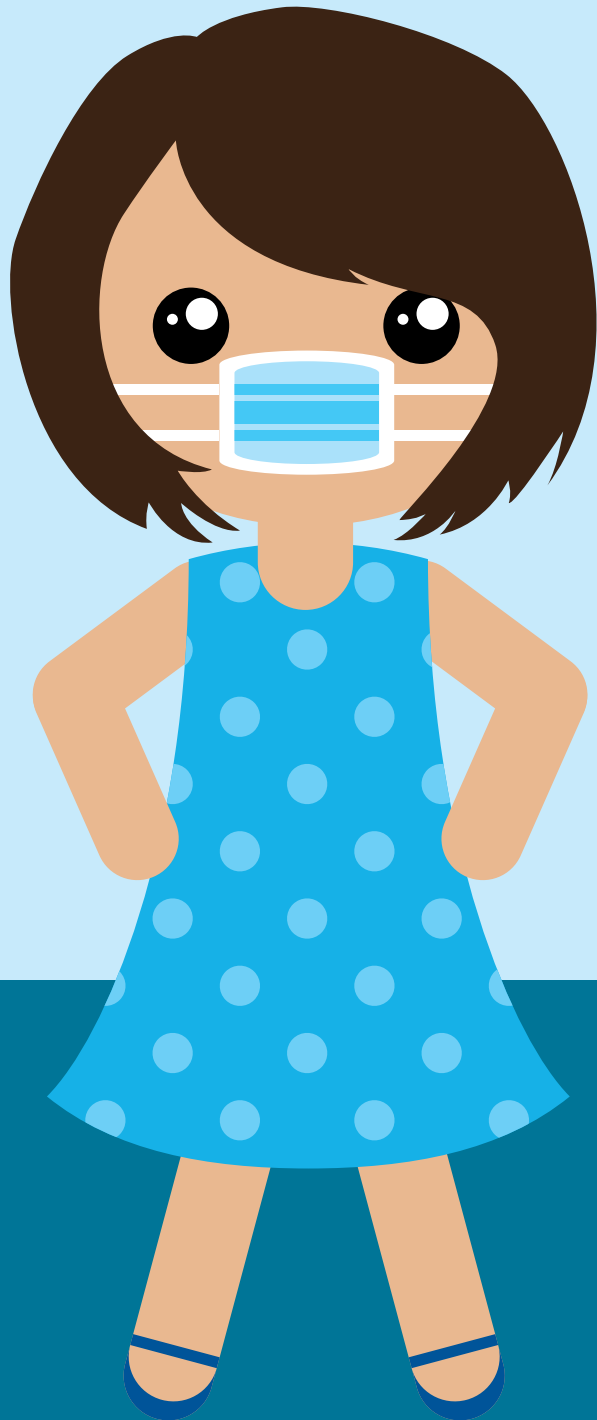


You see, this last year, there have been a lot of changes. There are some germs going around that are getting people sick.



So, my family and I have developed some good habits to keep everyone safe and healthy!

**Now that it's time
to go to school, I wonder
what things will be different?**



**Before going to school,
my Mama reminds me
that I am a superhero!**

**It's up to me to keep everyone
safe, and that's how I got the
name MARVELOUS MIA.**



**To activate my inner hero,
I remember this word:**

HELM!



**Did you know
HELM means
to lead or be
in charge of
something,
like a captain
steering a ship?**

**It's a perfect word
to remember
my actions
lead and
help others!**



H = Hands

**I always wash my hands –
after I finish an activity,
or before I eat.**

**By getting my
hands clean,
I prevent
the spread
of germs
unseen.**



E = Elbow

When my nose feels a tickle, I cover my mouth and sneeze into my elbow.

My shield is my arm so that germs can't get far...

...and the bonus for me is my hands will stay clean!



L = Love

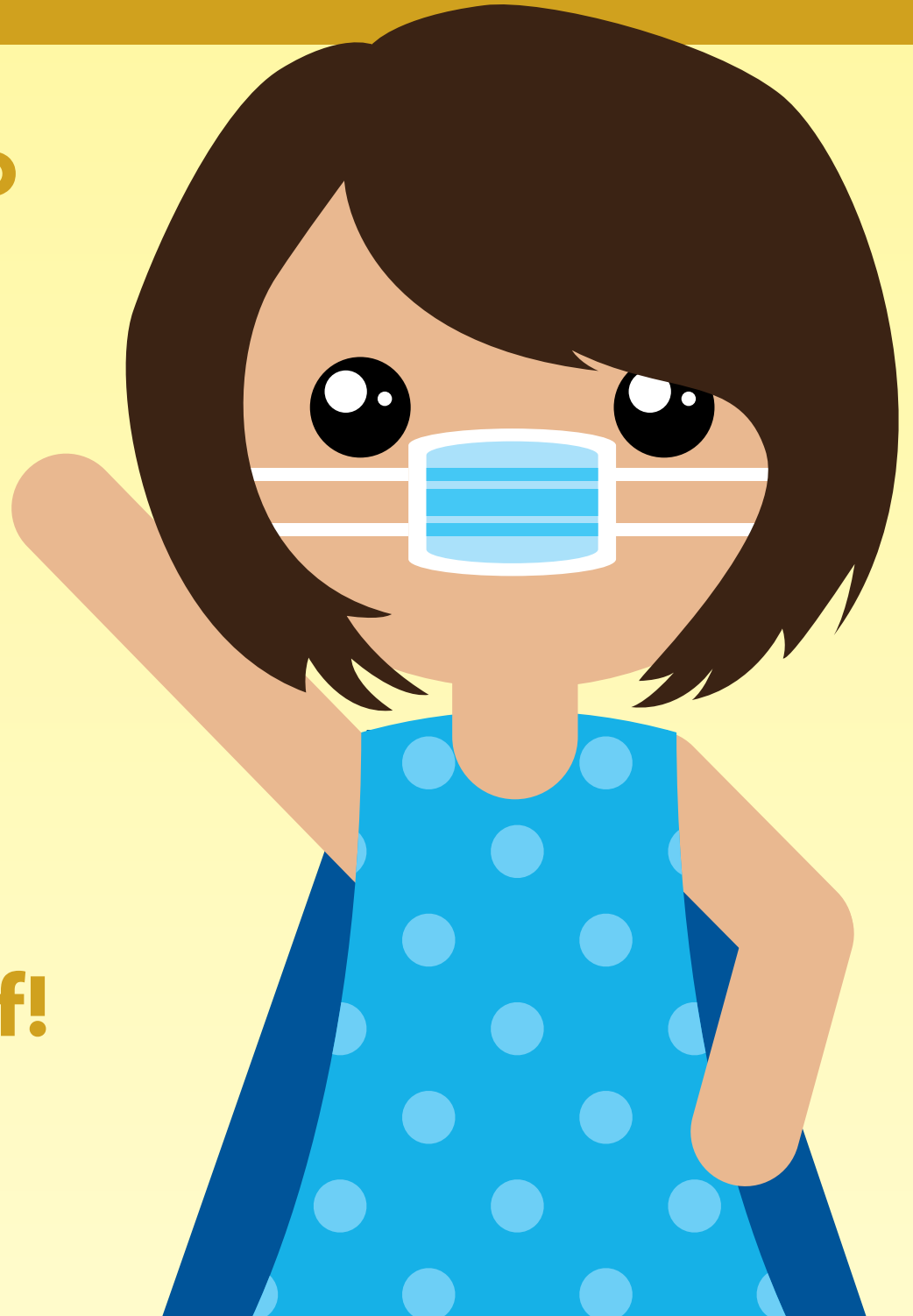
Everything I do is motivated by love.
I like to draw family and friends
to show I'm thinking of them!



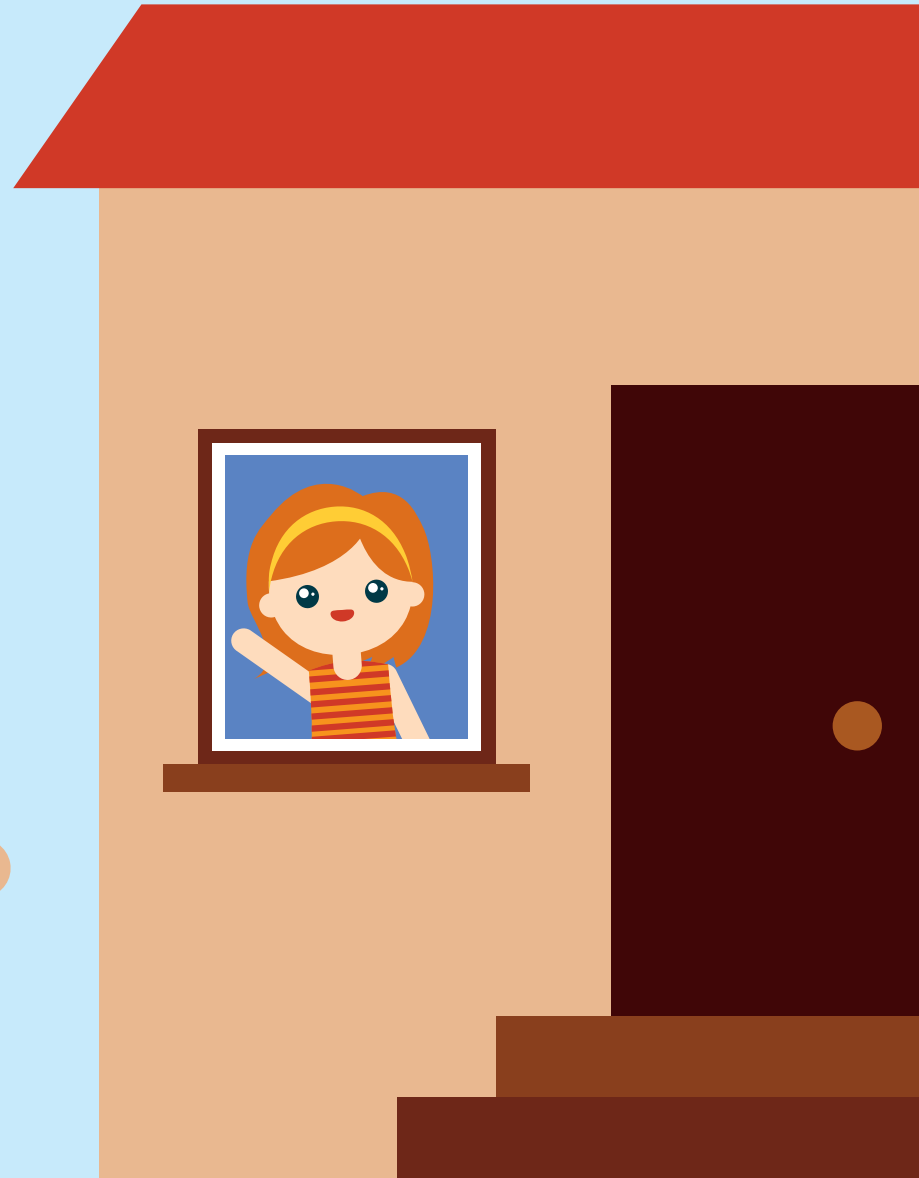
M = Mask

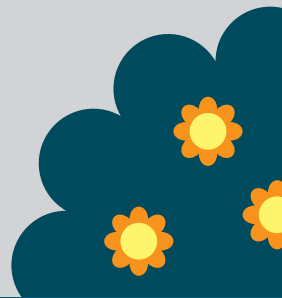
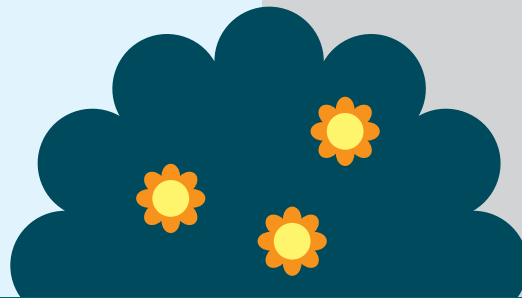
Every superhero needs a good uniform, so I wear my mask when around others.

It keeps everyone in good health – including myself!



**I like being a leader, being a hero,
and remembering I am at the HELM.
When I'm not tapping into these
superpowers, I keep
myself busy by doing
other important
superhero things...**







This year, I've had to learn a lot of new things, but MARVELOUS MIA can do anything! Will you join me?



Together, we can all do our part. Remember, whatever you do, make sure it always comes from the heart!