

Boss Up, Little One

A Story & Workbook for Brave Kids

Discover your Boss Power through stories, action steps, and fun activities with Lilo & Max!

How to Use This Book

Read one chapter at a time. Then complete the Boss Up Action Steps and the workbook pages that follow. Coloring pages and drawing spaces help make learning fun.

Chapter 1: Your Power is Inside You

Lilo sat on the porch with Max, her loyal puppy. She sighed, “Max, sometimes I feel small. Like my voice doesn’t matter.” Max tilted his head. “Little one, don’t forget — your Boss Power lives inside you. It’s there even when you feel small.” Lilo smiled. She stood tall, even though she was small. “Okay, Max. I’ll remember. My Boss Power is always with me.”

■ Boss Up Action Steps

- Name one thing you are really good at.
- Take one deep breath when you feel nervous.
- Say one kind thing to yourself today.

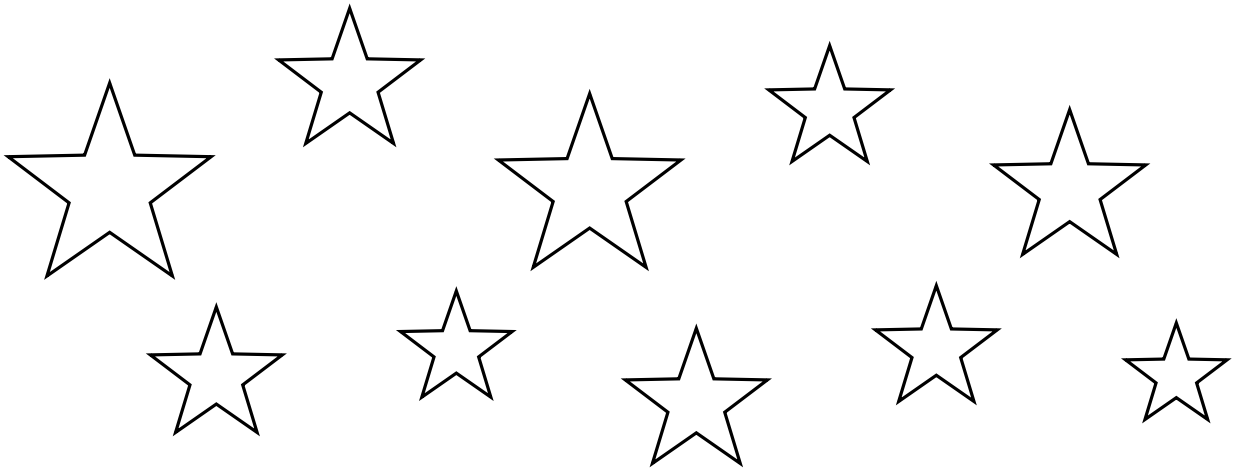
■ Boss Code Affirmation

“My power is inside me. I choose how to use it.”

Workbook: Draw Your Power

Draw something that makes you feel powerful. Then write one kind thing about yourself.

Color the Stars!



Write one kind thing about yourself:

Chapter 2: Respect is Power

At recess, Lilo and Max noticed a boy shouting at another kid. Lilo whispered, “That doesn’t feel right.” Max’s ears perked up. “Real bosses don’t use words to hurt. Respect is power. Respect builds.” Lilo took a breath and said calmly, “We all deserve respect. That means speaking with kindness.” The boy walked away, and the other child smiled. Max wagged his tail. “When you respect yourself and others, you show your Boss Power.”

■ Boss Up Action Steps

- Say “thank you” to someone who helps you.
- Speak kindly to yourself in the mirror.
- Share something today instead of keeping it all.

■ Boss Code Affirmation

“I respect myself. I respect others. That’s real power.”

Workbook: Respect Radar

Circle three ways to show respect today. Then write one sentence about how you respect yourself.

- Say please and thank you
- Listen without interrupting
- Share and take turns
- Help someone who needs it
- Speak kindly
- Clean up after yourself

Write one sentence about how you respect yourself:

Chapter 3: Bravery Beats Fear

One afternoon, Lilo's class was getting ready for show-and-tell. Lilo's heart pounded. "Max, I don't want to go up there. What if I mess up?" Max wagged his tail. "Bravery doesn't mean you are never scared. It means you keep going, even when your knees shake." Lilo took a deep breath and shared anyway. Her voice wobbled, but she did it. The class clapped, and she smiled. "That's real bravery," Max said.

■ Boss Up Action Steps

- Try one thing today that feels new.
- Speak up even if your voice shakes.
- Write or draw one time you were brave.

■ Boss Code Affirmation
"I am brave. Fear does not stop me."

Workbook: Fear vs. Bravery

Match a fear with one brave action you can take. Then draw a time you were brave.

Fear I Feel	Brave Action I Can Take
Talking in class	
Trying a new sport	
Making a new friend	
Standing up for someone	
Learning something hard	

Draw a time you were brave:

Chapter 4: Gratitude Glow

One rainy day, Lilo sat by the window, feeling grumpy. “Max, nothing is going right today,” she sighed. Max hopped into her lap. “When the world feels heavy, gratitude is the light. Gratitude makes you glow from the inside.” Lilo whispered, “I’m thankful for you, Max.” Then more things: a warm blanket, cookies, and her mom’s hugs. She smiled — lighter already.

■ Boss Up Action Steps

- Say “thank you” to someone today.
- Draw something you are grateful for.
- Tell a friend or family member why you appreciate them.

■ Boss Code Affirmation
“Gratitude makes me glow with joy.”

Workbook: Gratitude Tracker

Write or draw one thing you are grateful for each day this week. Then answer the reflection.

Day	I am grateful for...
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Reflection: How does gratitude make you feel?

Chapter 5: Gossip is Weak Energy

At lunch, kids started whispering about a classmate. Lilo looked at Max. He shook his head. “Gossip is weak energy. Real bosses do not waste power talking about others — they use it to build themselves.” Lilo said, “I think she is really creative. Did you see her drawing?” The whispering stopped. Lilo chose stronger energy.

■ Boss Up Action Steps

- Catch yourself before repeating gossip.
- Say one kind thing about someone who isn't around.
- Write or draw a good thing about yourself instead of talking about others.

■ Boss Code Affirmation
“I build others up. I don't break them down.”

Workbook: Strong vs. Weak Energy

Cross out weak energy. Circle strong energy. Then write one kind word you said today.

Strong Energy	Weak Energy
Strong: Helping a friend	Weak: Talking bad about others
Strong: Saying thank you	Weak: Gossiping
Strong: Practicing every day	Weak: Quitting right away
Strong: Standing up for respect	Weak: Making fun of people

Write one kind word you said today:

Chapter 6: Boss of Your Future

Under the stars, Lilo wondered about her future. Max looked up too. “Your future is full of possibilities. But remember: what you do today builds tomorrow.” Lilo thought about helping a friend, standing up for respect, being brave, and showing gratitude. “So every choice I make now shapes who I will be later?” “Exactly,” said Max. “You are the Boss of your future.”

■ Boss Up Action Steps

- Write or draw your dream future.
- Take one action today to move toward it.
- Share your dream with someone you trust.

■ Boss Code Affirmation

“I am the Boss of my choices. My future starts now.”

Workbook: Dream Builder

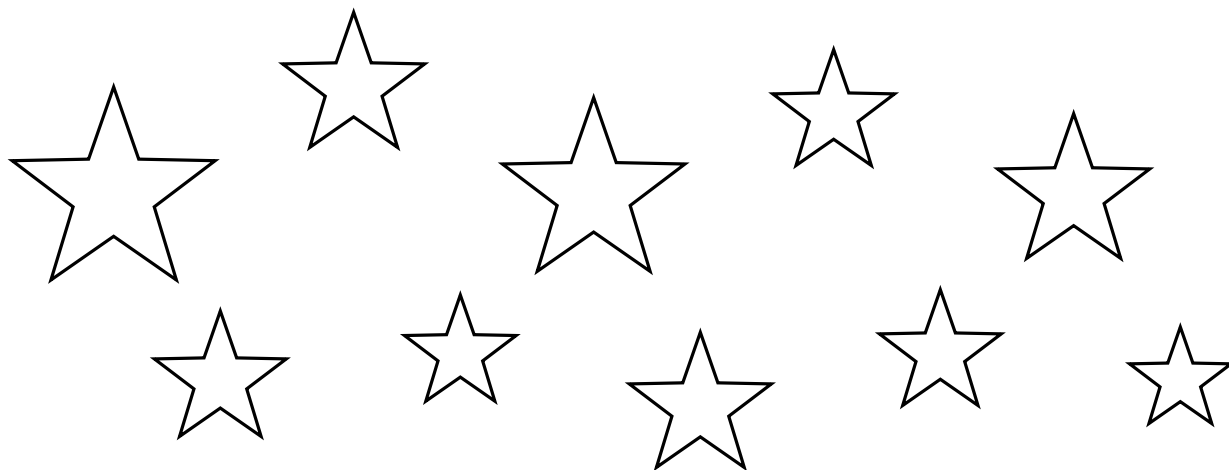
Map your dream and today's first step. Then draw your dream.

My Dream	
First Step Today	

Draw your dream:

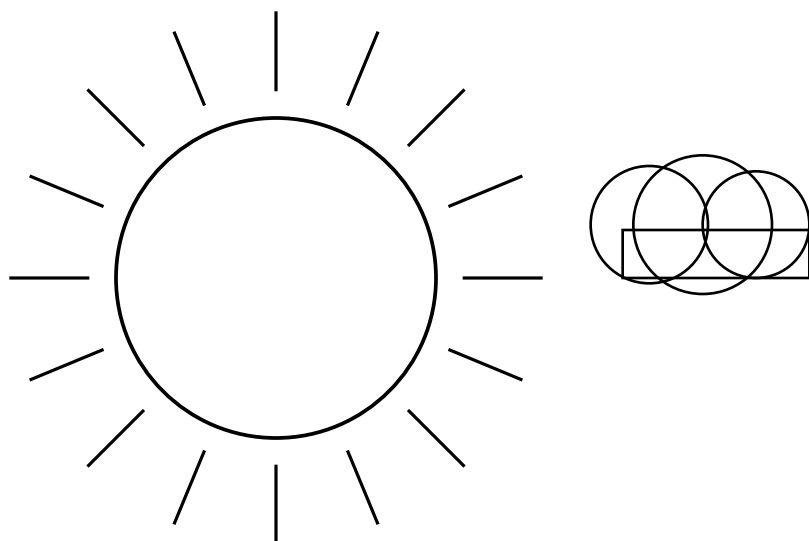
Coloring Page: Stars

Color the Stars!



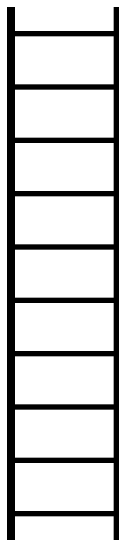
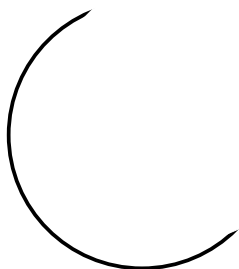
Coloring Page: The Sun

Color the Sun!



Coloring Page: Moon & Ladder

Color the Moon & Ladder!



Boss Code Pledge Certificate

I am the Boss of my choices. My power is inside me. I will respect myself and others. I will act brave, stay grateful, and build my best future.

Signed:

Date:

Note for Parents & Guardians

This story + workbook supports social-emotional learning: self-respect, bravery, gratitude, and responsible choices. Read one chapter at a time and complete the matching workbook pages with your child. Celebrate their Boss Code Pledge.

Explore More with DonDada The Resetter

For more books, resources, and communities that inspire growth and empowerment, please visit my website.

Visit: www.dondadatheresetter.com • Follow: [@dondadatheresetter](https://twitter.com/dondadatheresetter)