



# Listen to Butterflies

## CONFIDENCE SOARS



**RESPOND** to the feeling you get when it seems like butterflies are dancing in your belly. They might greet you when you feel excited, afraid, nervous, or other emotions. Reflect on times when you've had that physical and emotional sensation. What might the butterflies be trying to tell you?



**CONNECT** the words of encouragement and understanding that you hear from teachers, family members, and others with the inward conversation you have with yourself. Talk to the butterflies in your belly and tell them to calm down, or thank them for helping you feel excited or alerting you to an important opportunity. When we experience something new and listen to what we are feeling, our confidence grows.

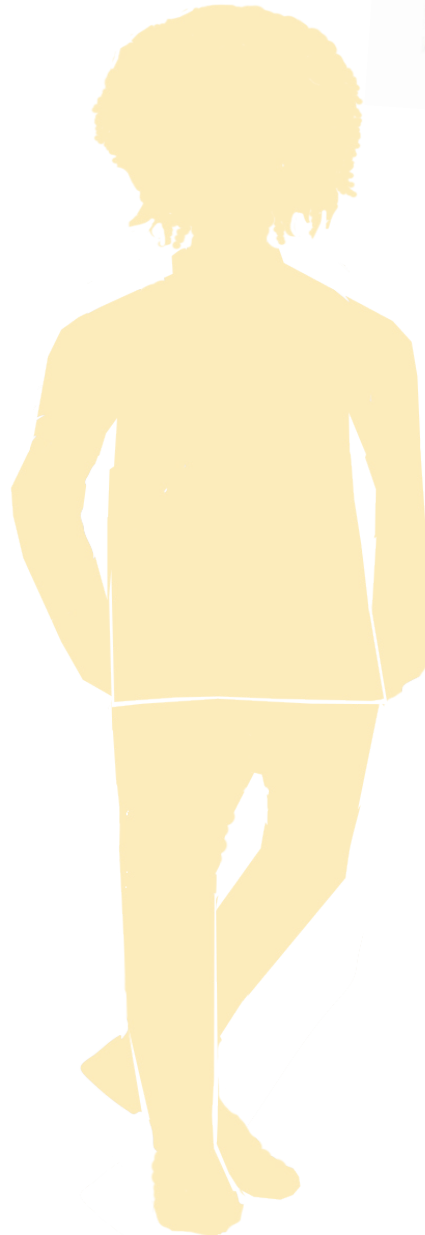


**CREATE** a portrait that shows you doing something exciting. Draw the butterflies fluttering inside or around you. Sometimes it feels like butterflies are tickling your throat or making your knees shake. Other times they make your stomach do summersaults. Include colorful, active butterflies in your portrait.

**ADD A FACIAL EXPRESSION TO YOUR SELF-PORTRAIT AND DRAW THE BUTTERFLIES FLUTTERING WITHIN AND AROUND YOU.**



**PRESENT** your portrait to friends and family. Describe what you can learn when you listen to the butterflies that are within you. Explain the ways you might greet them and the conversation you might have with them to boost your confidence as you face challenges and exciting opportunities.



**Note for teachers and parents:**  
For more creative inspiration and hands-on explorations go to [Crayola.com/CreativityWeek](https://www.crayola.com/CreativityWeek)  
To share student artwork on social media please post using [#CrayolaCreativityWeek](https://twitter.com/CrayolaCreativityWeek)



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**Imagination in Action**  
Thinking Sheet

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