



**Congratulations!**

**You are**

**“My Hero!”**

**May this sunshine illuminate you with...**

**Positive  
thoughts  
and  
feelings**

**Strength  
that comes  
with a  
healthy  
body**

**Faith in  
children  
to create  
a better  
future**

**Happiness  
to feed  
the  
heart**

**Wisdom  
when you  
feel lost**

**Comfort  
when you  
feel alone**

**...and remind you that you are  
a true Hero in the life of a child.**

**Energy  
to play,  
dance  
and enjoy  
life**

**Patience  
when faced  
with  
challenge**

**Courage  
to  
move  
forward**



**A Hero** is one who does what he can day to day and hour to hour.  
Every minute counts when **you are a child's Hero.**



**“A man never stands as tall as when he kneels to help a child.”**

**“Our children give us the opportunity to become the Heroes we always wished we'd had.”**



**“Set a good example by eating healthy and being active.”**



**“There are three stages of a man's life: he believes in Heroes, he doesn't believe in Heroes, he is a Hero.”**

**“Many men can make a fortune, but very few can be a Hero to a child.”**





Dedicated to my true **Hero** from

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Student's name