



I AM A
MASTERPIECE!



ACTIVITIES

Shandon Photography



Author MIA ARMSTRONG

Dear Reader,

Mia likes many of the things other people like—going to the beach, the color blue, drawing. But she doesn't like when strangers stare at her because she looks different from them.

Mia considers Down syndrome her superpower. Although she may see and understand the world in a way that may not make sense to others, she knows that she is a masterpiece. As we all are.

From actor, model, and voiceover artist Mia Armstrong comes an inspiring picture book offering a glimpse into the life of a child with Down syndrome.

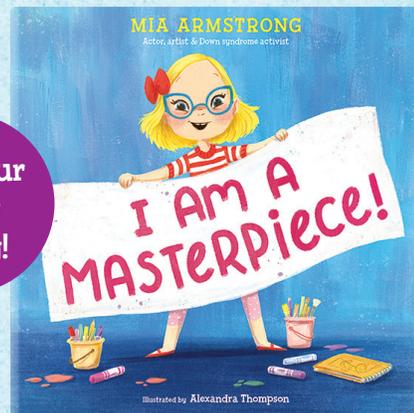
Together, this story and these fun activities will help readers understand the importance of inclusivity and being yourself.

Happy reading!

Your friends,



Get Your
Copy
Today!



Art © 2024 by Alexandra Thompson

We're DIFFERENT and ALIKE

Mia knows that it would be boring if we were all the same!

Grab a friend or classmate, and in the left column,
write down three things that make the two of you unique.

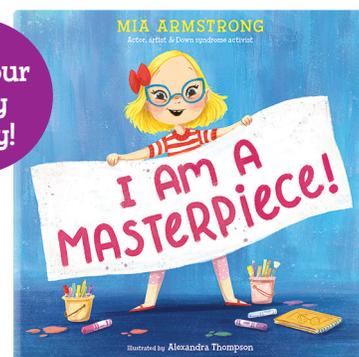
Then in the right column, write down three things that make you similar.



What makes us UNIQUE	What makes us SIMILAR



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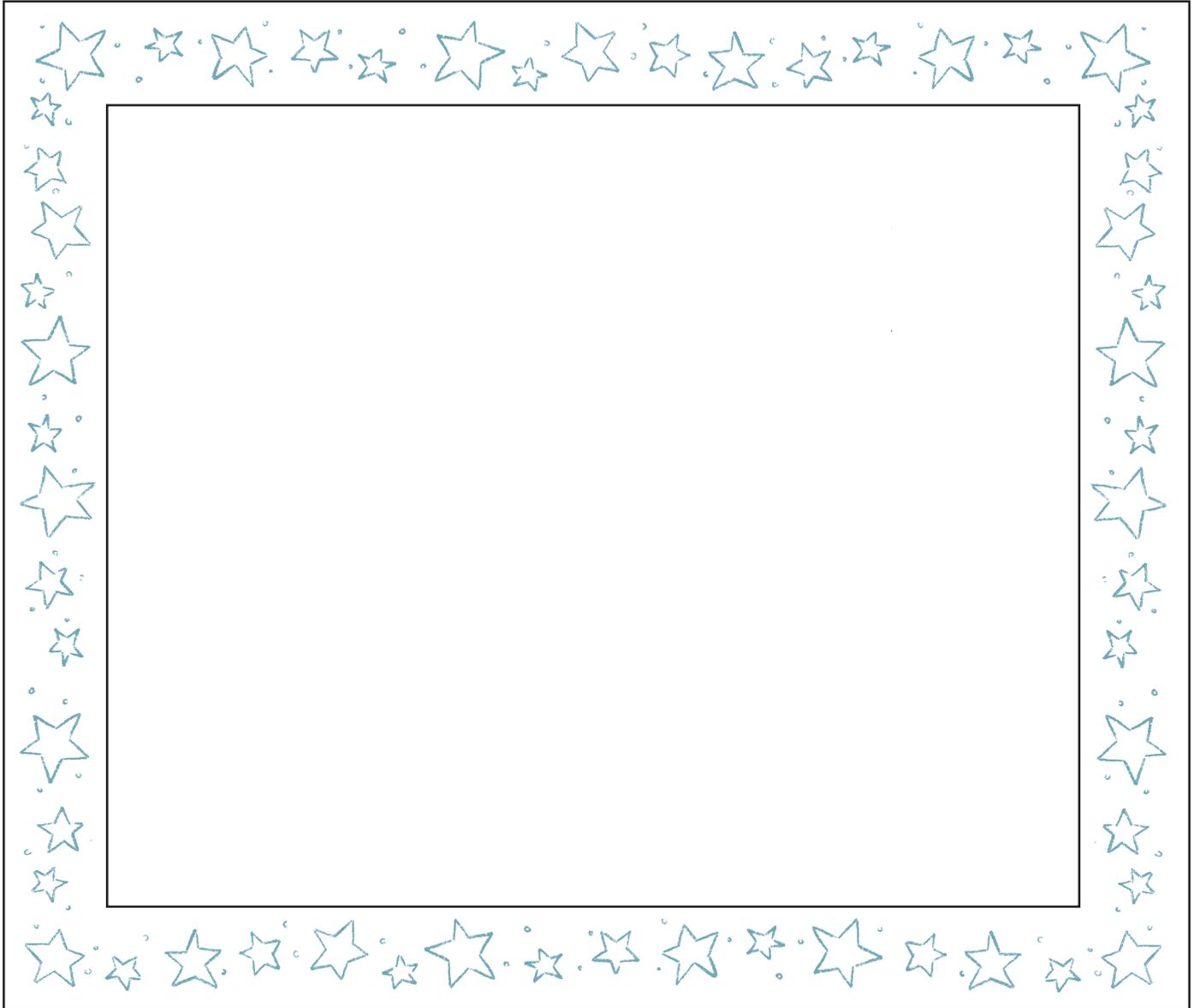




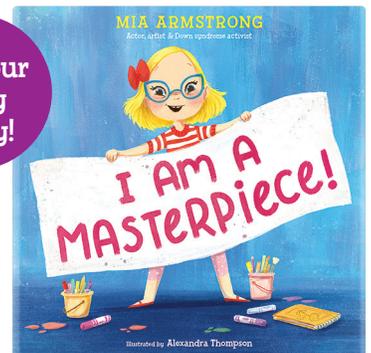
Self-Portrait



Mia loves to draw, especially using her favorite color, blue!
Grab your favorite color marker or crayon and draw your own self-portrait below.



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Kindess Bingo

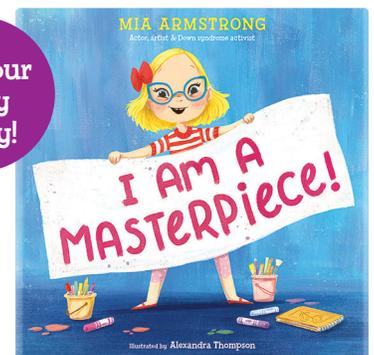


Everyone wants to be treated with kindness, and it's easy to do!
On the bingo card below, cross off the nice things you've done today.
Get three in a row to win. Bonus points if you cross off every box!

<p>I made someone SMILE today.</p> 	<p>I gave someone a COMPLIMENT today.</p>	<p>I HELPED someone who needed it.</p> 
<p>I TALKED to someone new today.</p>	<p>I was KIND to myself today.</p> 	<p>I STOOD UP for someone else.</p> 
<p>I CHEERED UP someone who was sad.</p> 	<p>I made someone LAUGH.</p>	<p>I SHARED something.</p>



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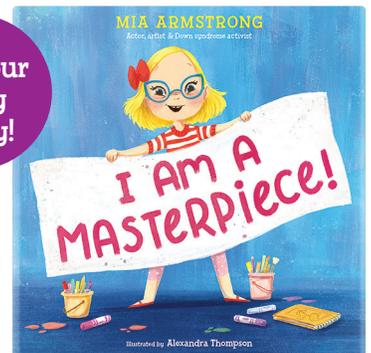


YOU Are a MASTERPIECE

We are all different in our own ways. That's why no two handprints are the same!
Using washable finger paint, stamp your handprint on this page.
Ask a friend, parent, or someone you love to stamp theirs next
to yours, then admire your unique handprints!



Get Your
Copy
Today!

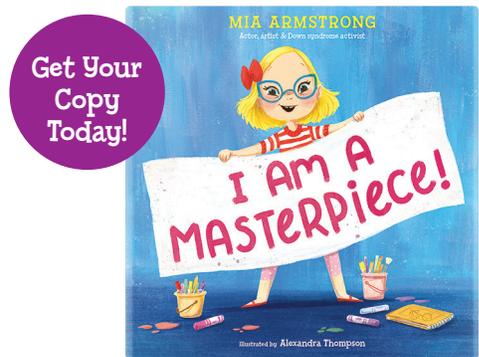


What's Your SUPERPOWER?

Down syndrome is Mia's superpower.
She doesn't let other people get the best of her! What is your superpower?
Write it on the cape below!



My SUPERPOWER

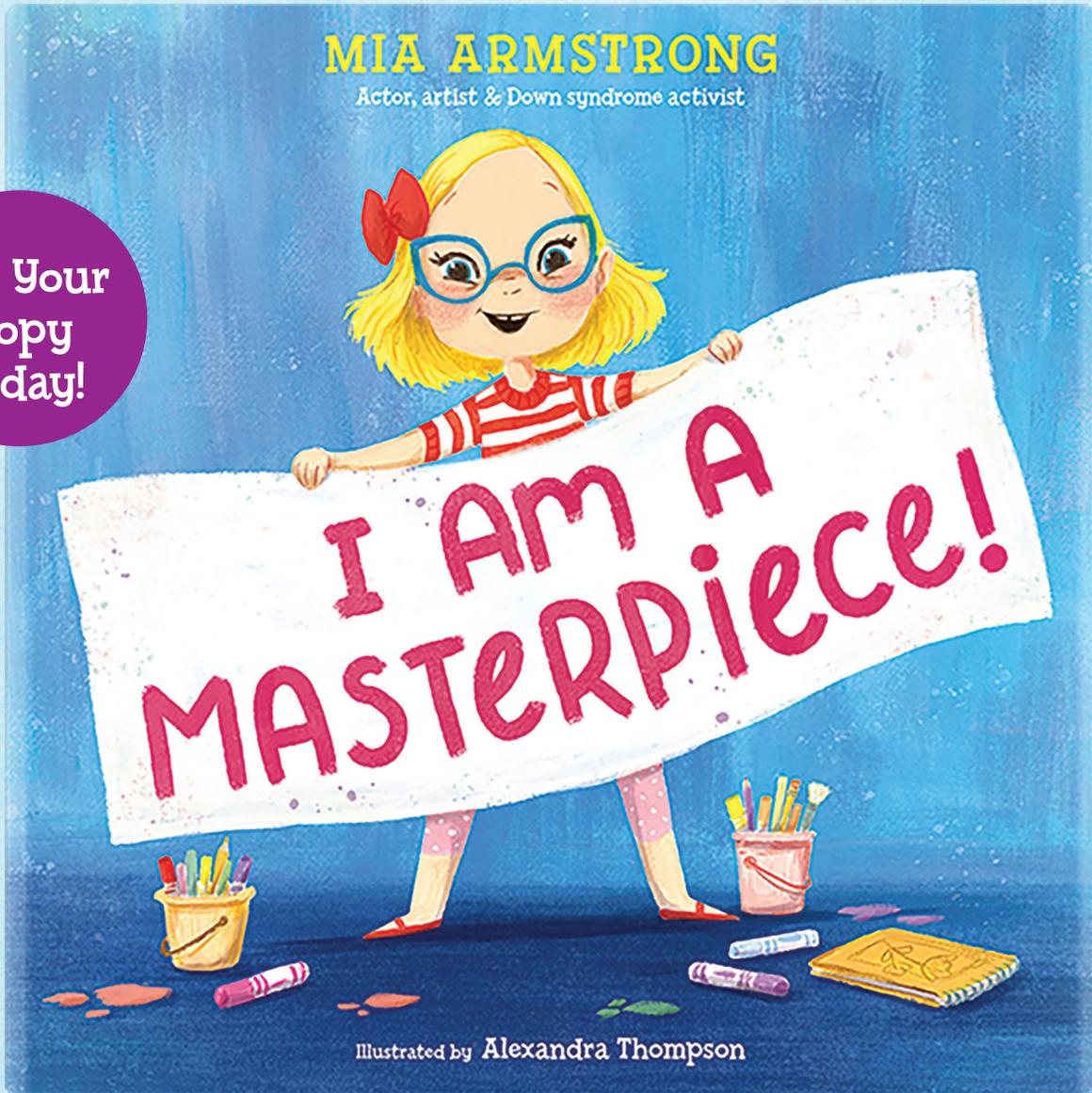


Because
BLENDING IN
is boring!

MIA ARMSTRONG

Actor, artist & Down syndrome activist

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Illustrated by Alexandra Thompson