



strength

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.” - Eleanor Roosevelt

Having **strength** means getting back on your feet and never giving up. Strength lies in your ability to act, to endure, and to resist. When you need to persevere or stand up to a tough situation, let Scout's **Strength Pocket Power** remind you that you have what it takes to save the day!

showing your strength

Strength often means being physically fit, but there are lots of different ways to be strong. Sometimes it means not giving up until you reach your goal and sometimes it means standing up for something that you believe in, or not doing something that doesn't feel right. Here are some ways you can show strength:

Speak up for yourself, and for others who may need you.

Don't give up until you've finished.

Keep going no matter how many obstacles are in your path.

Believe in yourself even when others don't seem to.

If you make a mistake, try again.

Respect other's opinions, even if they are different from your own.

Stay active and focused on your activities.

Always look for new ways to push yourself further — you never know how far can go until you try!

how will you be strong?

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Scout the Chick



Don't let anything stop you!

The character is a yellow square chick with a crown, large eyes, and a beak. It is holding a white dumbbell in its right hand. The character is surrounded by white, spiky feathers. A green speech bubble with white text is above the character's head.