



BE WHO YOU ARE DAY



SEPTEMBER 30TH

HOW TO CELEBRATE BE WHO YOU ARE DAY

Today is a great day to **BE WHO YOU ARE!**

Be Who You Are Day is enjoyed every year on September 30 as a day for every kid to feel just how special they truly are and to celebrate everything that makes them awesome!

Here are some great ways to PARR-ticipate in [#BeWhoYouAreDay!](#)

★ DRESS UP

As Todd Parr says, “Wear everything you need to be you!” Encourage everyone to wear their favorite outfits. Provide fun party hats, beaded necklaces, or silly sunglasses. Wearing your favorite clothes or putting on something exciting makes it feel like a PARR-ty!

★ COLORING PAGES AND STICKERS

Visit [ToddParr.com](#) for fun coloring pages and Avery® templates to print [#BeWhoYouAreDay](#) stickers.

★ PARR PORTRAITS

Todd Parr’s signature, colorful art celebrates everyone! Use paper plates and colored pencils to create a self-portrait. Feeling extra creative? You could add construction paper, string, buttons—any craft materials you have! Hang up the completed portraits to showcase how wonderfully unique everyone is!



★ DANCE PARR-TY

Put on upbeat music and shake off any jitters! It’s time to celebrate what makes each person so special! Try this variation of freeze dance: while the music plays, everyone can dance and be silly. When the music stops, everyone should shout out something they love about themselves! It’s a



great way to think of affirmations, and it’s a little less scary when everyone does it together.

There are so many wonderful ways to celebrate all the amazing, unique, awesome things that make everyone special. All you have to do is: **BE WHO YOU ARE!**



To show how you’re participating visit [ToddParr.com](#) to download the official certificate.

