

LIPOPTION CERTIFICATE



Name: Petunia

Title: Cheerleader for Positivity

Favorite Activity: Making up her own cheers



Every week Petunia stops by a local senior center to visit with the residents and ask them to share favorite memories and funny stories. Before she leaves, Petunia always leads the seniors in a cheer. "Zazzle, snazzle. Seniors dazzle! Let's hear you cheer—loud and clear! Rah, rah, rah!" Everyone feels happy when Petunia is in the house.

Be like Petunia! Take time every day to make someone else's life a little better. When someone talks to you, really listen. Remember to always be positive, kind, and helpful.

Thank you for helping to make hearts happy!





Name: Jax

Title: Good Citizenship Ninja

Favorite Activity: Helping in her community



Jax wants to make Heartsville the best town around. She helps at the library and is a member of the school litter patrol. Her favorite place to volunteer is the local animal shelter, where she makes colorful name tags for the pets. Those eye-catching name tags help the animals quickly find happy homes.

Be like Jax! What are you good at? Look for ways you can use your talents to be helpful at home, at school, in your neighborhood, and in your community.

Thank you for helping to make hearts happy!









Name: Rory McFiercely
Title: King of Courage

Favorite Activity: Singing and dancing

FUN FACT Even though Rory is the King of Courage, that doesn't mean he never feels nervous or afraid. In fact, it's just the opposite. Rory wanted to be in a musical called *The Lucky Lion*. He was scared to try out, but he did anyway. His courage and hard work earned him a part in the show.

Be like Rory! Sometimes showing courage is about doing a scary thing and sometimes it's about doing the right thing. Always ask yourself, *Will my actions break an important rule or harm someone? Does this feel like the right thing to do? Is this a time when I should take a risk and be brave? Thinking ahead can help you make good choices and give you courage—just like Rory!*

Thank you for helping to make hearts happy!







Name: Super Pup

Title: Top Dog of Trust

Favorite Activity: Hanging out with his puppy pals



When Super Pup won a free ticket to see the blockbuster movie "Undercover Cats," he gave the ticket to his best friend. Why? The movie started at the same time as his cousin's baseball game. Even though Super Pup really wanted to see the movie, he had promised to watch his cousin play ball. When Super Pup makes a promise, his friends can trust that he will keep it.

Be like Super Pup! Being trustworthy means doing what you say you'll do. It means keeping promises, even when they require sacrifices, and living up to your word. Tempted to tell a secret or back out of a commitment? Super Pup wouldn't, and neither should you.

Thank you for helping to make hearts happy!







Name: Mr. Tysker

Title: Trumpeting the Importance of Being Fair

Favorite Activity: Teaching jump rope tricks



Mr. Tusker's after-school jump rope club became so popular that the old jump ropes were wearing out and he needed to order more. When the new ropes arrived, Mr. Tusker asked the club members to help him make a plan that would give every club member a turn to use one of the new jump ropes.

Be like Mr. Tusker! Mr. Tusker is very well liked because of the way he treats others. He is a good listener, and he tries to understand how others are feeling before he decides what is fair. He shares, takes turns, and plays by the rules. You can do these things too.

Thank you for helping to make hearts happy!





Name: Ninja Star

Title: Superstar of Honesty

Favorite Activity: Learning about different animals



When Ninja Star was pet-sitting Boris, a boxer puppy, he saw a crack in Boris's food bowl. Ninja Star thought he had accidentally cracked the bowl. When Boris's family returned, even though Ninja Star's stomach was in knots, he told the family about the cracked bowl. Boris's dad thanked Ninja Star for his honesty—and confessed that he was the one who had cracked the bowl.

Be like Ninja Star! Work hard each day to show others that they can count on you. Tell the truth, keep promises, and be a loyal friend. Negative behaviors such as lying, gossiping, and cheating never build trust.

Thank you for helping to make hearts happy!







Name: Scribbles Ninja

Title: "Stick With It" Specialist

Favorite Activity: Shooting hoops



Scribbles Ninja plays on the Quacker Jacks basketball team. He is known for being quick on his feet, dribbling super fast, and making tricky jump shots, but he's never been good at foul shots. Scribbles was tired of letting down his team on those crucial points, so for three months he practiced his foul shots every day. During the Duck Pond Championship game, Scribbles sank six foul shots—which was important since the team won by just three points. The game was a squeaker!

Be like Scribbles Ninja! The next time you have a difficult task to do or a goal you are trying to reach, remember the importance of perseverance. Most goals are not reached on the first try. Keep trying! You can achieve many great things when you stick to it.

Thank you for helping to make hearts happy!







Disco Name:

Ruler of Responsibility Title:

Favorite Activity: Listening to the latest music



Disco and her pals like to meet after school to listen to music and try out new dance moves. Before Disco can go, she is expected to finish her homework, empty the trash, and feed her pet hamster.

Be like Disco! You can be responsible at home, at school, and wherever you go. Responsibility is all about making good choices so that you are able to do what is expected of you. Being responsible also means accepting the consequences of your decisions. Disco makes good decisions and you can too.

Thank you for helping to make hearts happy!









Name: Stripe Ninja

Title: Promoter of Respect

Favorite Activity: Practicing his martial arts moves



Stripe uses kind words and actions and always remembers to say "please" and "thank you." So when Quacky Chan, a famous martial artist, visited Beakville Elementary, Stripe was chosen to help Quacky demonstrate various moves. It went so well that Quacky Chan invited Stripe to visit his martial arts studio during summer break. Quacktacular!

Be like Stripe! Stripe consistently shows respect toward himself and others by using kind words and actions, being a careful listener, and remembering other people's feelings. He treats people the way he likes to be treated. You can do this too.

Thank you for helping to make hearts happy!







Name: Splatter McQuackers
Title: Chief of Self-Control

Favorite Activity: Writing poems and rhymes



Splatter makes up rhymes to help her remember how to behave. "When my feet are walking, I'm not talking" reminds Splatter to be quiet in the school hallway. "Take a breath. Think this through. Show self-control. It's what you do!" reminds Splatter to control her emotions. Splatter writes her rhymes in a special notebook then adds splashes of wild-colored paint to make the pages memorable.

Be like Splatter! Splatter knows that self-control takes practice. It's not always easy to choose the right thing when sometimes it would be easier to do what's wrong. When Splatter realizes she is about to lose control, she pauses until she feels calm inside. She might even grab her notebook to find a rhyme to help her know what to do. Splatter's technique can work for you too.

Thank you for helping to make hearts happy!
