

# MONSTER HIGH™

BE YOURSELF. BE UNIQUE. BE A MONSTER! ★★

## THIR-TWEEN CHEERS FOR SELF FEAR-LEADING

Monster High and WeStopHate are partnering to resurrect tween-esteem. To help keep your **spirits high**, WeStopHate's top ghoul, Emily-Anne, has provided her checklist of fangtastic esteem-boosting tips. If your mood is in the crypts, try one of these tricks to feel **uhhh—mazing!**

- Always compare yourself to yourself—you will never be like any other ghoul and that is a **fangtastic** thing!
- Spend your life with people who make you high-voltage happy, not ghouls you have to impress.
- Create a fangtastic music playlist to pick up your spirits whenever you may be feeling down. Have a solo **dance party** in your room! ★★
- Make it an undying habit to not sweat the small stuff.
- Discover your furrocious passion. Doing what you love will give your life purpose and increase your self-confidence.
- Compliment others — making other people feel **fangtastic** will actually charge up your spirits too.
- Find a **Monster** mentor to help guide you through the frights of life.
- Use a dry erase marker to decorate your mirror with some of your favorite freaky-fab inspirational quotes.
- Bury the past...literally! Create a coffin to bury all the negative thoughts of your past.
- Resurrect plans with your ghoul-friends for killer laughs.
- Find a **GORE-geous** accessory, like a bracelet or bow and make it your signature piece.
- Write yourself a letter, with all of the killer things you **love** about you! And for extra fear points, ask your best ghoul-friend to write you a letter too.
- Like the ghouls of **Monster High**, practice embracing your freaky flaws - what makes you uniquely you?



★★ Emily-Anne Rigal ★★

# MONSTER HIGH™



BE YOURSELF. BE UNIQUE. BE A MONSTER!



## DEAD LANGUAGES DRILL: Verb-iage and Noun-sense

Draculaura headed to the Maul to get a new \_\_\_\_\_ for her  
(clothing item)  
Fearbook photo. Unable to look at her own reflection in the mirror, she asked  
her \_\_\_\_\_ ghoul-friends Frankie Stein and Clawdeen Wolf how she  
(adjective)  
looked. "You look \_\_\_\_\_!" said Frankie. " \_\_\_\_\_!"  
(adjective) (adjective)  
howled Clawdeen. Without a freak peek in the mirror, Draculaura  
had to \_\_\_\_\_ her best ghoul-friends on this one. After picking  
(verb)  
up some \_\_\_\_\_ for Frankie and a \_\_\_\_\_ for Clawdeen,  
(plural noun) (noun)  
the ghouls headed to \_\_\_\_\_ to get some sleep. As Draculaura got  
(destination)  
ready in the \_\_\_\_\_, she was unsure if her new outfit choice truly  
(time of day)  
captured her personal style, but trusted her best ghoul-friends that she looked  
extra freaky- \_\_\_\_\_. Sure enough, after the cameras \_\_\_\_\_ed  
(adjective) (verb)  
and Draculaura glimpsed her new photo, she screamed "O.M.Goth!" in \_\_\_\_\_  
(adjective)  
delight. She realized, sometimes mirrors do more harm than good. Trust your  
best ghoul-friends when they say you are tortuously GORE-geous – both inside  
and out – and \_\_\_\_\_ that unique, \_\_\_\_\_ style.  
(verb) (adjective)



# MONSTER HIGH™



BE YOURSELF. BE UNIQUE. BE A MONSTER! ★★

## SCREAM-O-GRAM TO YOUR GHOUL SELF

Sometimes we all need to resurrect our self-esteem. It's time to be your own Fear Squad and write a love letter to yourself about why you are freaky-fab. Smooches!

MY MAD SKILLS ARE...

I AM UNIQUE BECAUSE...

I FEEL FREAKY-FAB WHEN...

MY FANGTASTIC TALENT IS...

 WESTOPHATE

Unearth more downloadable activities at

[WWW.FREAKYFAB13.COM](http://WWW.FREAKYFAB13.COM)

LOVE *yourself*