

Highlights



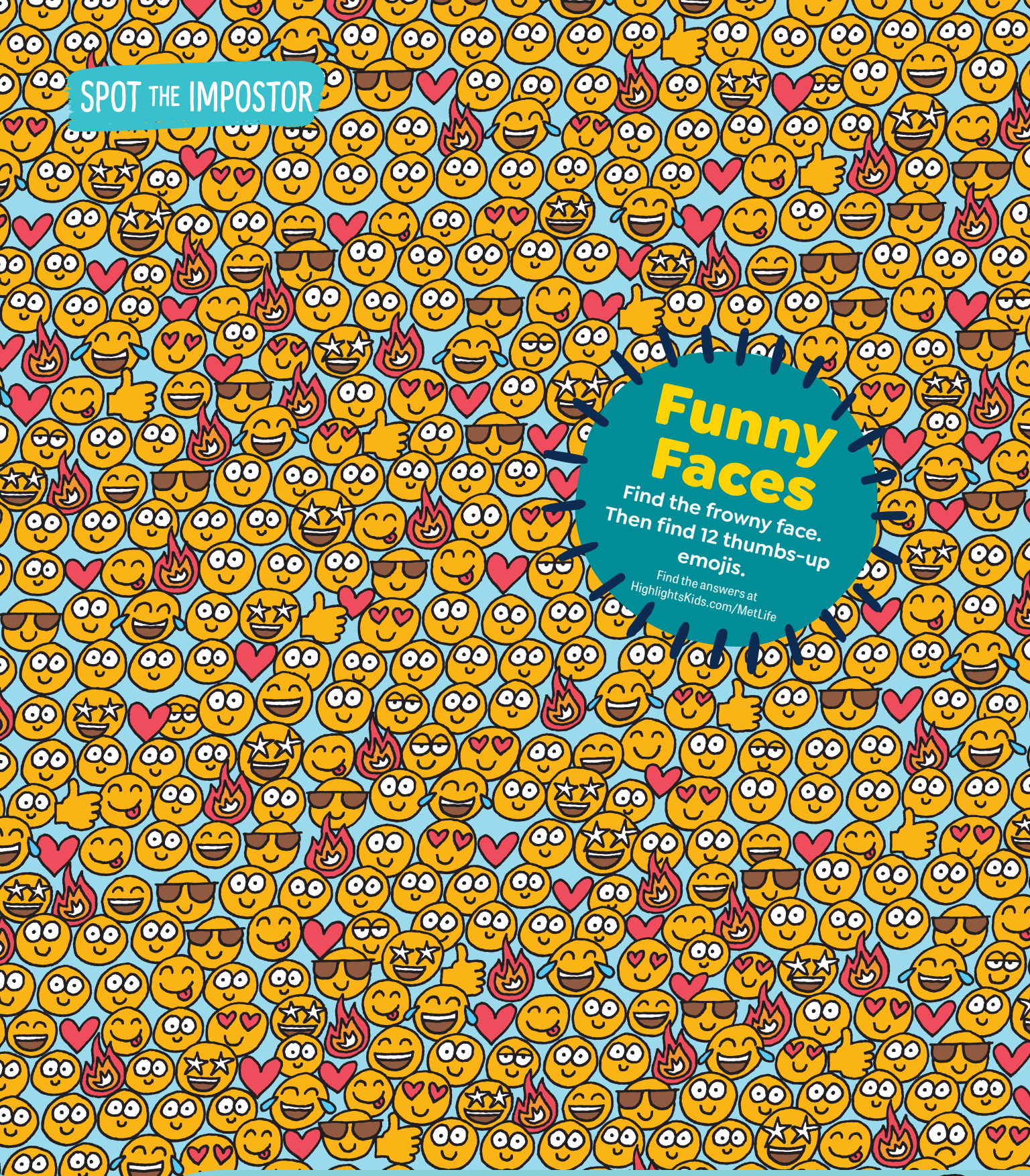
MetLife

WE'VE GOT THIS!



A Special Edition to Build a More Confident Future

SPOT THE IMPOSTOR



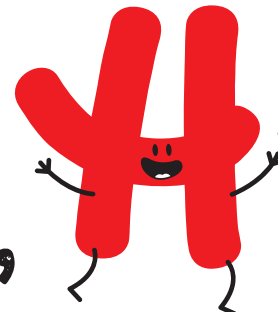
TALK ABOUT IT

Pick two emojis to show how you feel right now. What made you choose them?

What helped you keep searching even if this puzzle felt tricky? How can that feeling help you the next time something is hard?



Hello, Friends!



We're glad you're here!

DEAR READERS

WHICH KICK MAKES A SOCCER BALL GO THE FARTHEST? page 4



We are so excited to share this special issue with you! **We've teamed up with our friends at Highlights to create a magazine all about confidence.** Confidence can help us raise our hands, try something new, bounce back from surprises, and believe in ourselves along the way.

As you explore these pages, **you'll find fun ways to stretch your imagination, try new approaches, and better understand your thoughts and feelings.** You'll also discover that confidence is not about having all the answers right away. It grows little by little as you build the resilience to navigate uncertain moments and keep trying along the way.

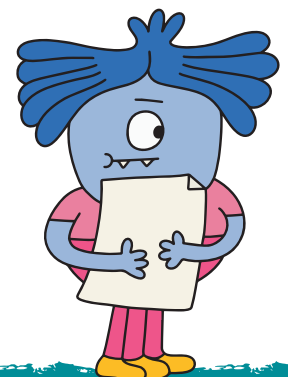
At MetLife, that spirit is captured in our purpose—**always with you, building a more confident future**—which guides how we help people build greater confidence during moments that matter. Through MetLife Foundation's partnership with the FIFA Global Citizen Education Fund, we're expanding access to education and sports for children around the world. Together, we're helping unlock confidence, connection, and possibilities.

We hope this issue inspires you and your family to keep learning, keep trying, and keep believing in what's possible!

— Your Friends at MetLife

WHAT MAKES YOU FEEL BRAVE? page 6

HOW DO YOU GET THROUGH A TOUGH MOMENT? page 8



ADVICE FROM YOU

If I really want to do something, sometimes my brain says, "Nope!"

What do I do? ~ Sam, Age 8



Try having a week of YES. Each day say yes to a good thing you usually wouldn't, like trying a new food. ~Mateo, Age 7

Think of a way to make it fun. Like, if you do laundry, imagine you're a basketball player! ~Alanna, Age 9



KICK IT!

Which kick makes a soccer ball go the farthest?

Before you start, ask an adult where you can do this!

1. MAKE A CHART

On a piece of paper, make a chart like the one below.

2. KICK THE BALL

Grab your favorite soccer ball. In an area with lots of space, mark a kick line with chalk or tape. Place the ball along the line and kick it as you normally would.

3. MEASURE

Leave the ball where it rolls to a stop, then measure the distance of the ball from the kick line. Record your measurement in the second column of the chart.

4. REPEAT

Think of different ways you can kick the ball, and write them in the first column. (We included some ideas for you to start!) Repeat steps 2 and 3 with as many different kicks as you'd like to try. Record the distance of each kick. Which kick made the ball go the farthest? Why do you think that happened? Were you surprised by any results?

5. EXPERIMENT

Kick the ball on different surfaces: grass, sand, or pavement. On which surface does the ball roll more? You can also try this activity with several different balls on the same surface. Which ball goes the farthest?



KICK TYPE	DISTANCE
Normal	
Opposite Foot	
Running Start	
Backward	

TALK ABOUT IT
 How does doing an experiment help you learn something new?
 How does trying different kicks help you feel braver trying new skills?



TALK ABOUT IT
 How does practicing help you feel more confident?

What kind words can you say to someone to boost their confidence?

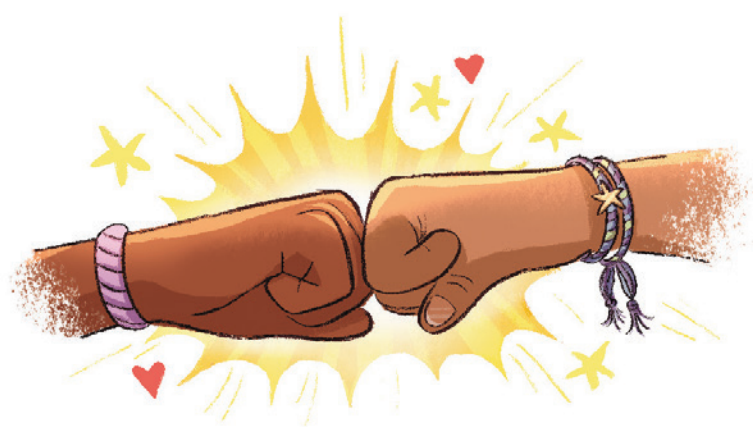
Ready, Set, Goal!

BONUS!
 Can you also find the hockey stick, mitten, and candle?



Find the answers at HighlightsKids.com/MetLife

THE SAVE



“Be confident. You can do it!”

The moment she raised her hand, Mia feared she had made a terrible mistake.

“OK,” Coach said. “Mia will be our goalie in the second half.”

Mia just nodded. It was the final playoff of her first season, with an amazing opportunity on the line: a chance to play the league’s championship game at MetLife Stadium. She had just volunteered to be goalie, a position that required a lot of confidence—which she sometimes struggled to have. Mia jogged over to her friend and teammate Sara.

“Are you ready?” Sara asked with a smile.

“No,” Mia said quietly, blinking back tears.

“I’m too nervous. I can’t do it.”

“Be confident,” Sara said. “You can do it! You’ve been practicing hard all season.”

“But what if I can’t stop any shots?” Mia said. “What if they score ten goals?”

“That won’t be fun, but it won’t be the end of the world either. Just do your best,” Sara said, holding her hand out for a fist bump.

Mia reluctantly returned the bump and took her position at midfield. League rules required that players switch positions at halftime, so she would play in the field before taking over as goalie.

Sara was playing goalie in the first half, and she ran to the goal, looking determined.

Their team got off to a great start, scoring three quick goals. With 10 minutes left in the first half, they led 3 to 0.

Suddenly, the other team’s best player, Number 8, was flashing across the field, dribbling past defenders. She booted the ball into the goal right past Sara. The score was now 3 to 1.

A few minutes later, Number 8 intercepted a pass and weaved down the field, controlling the ball as if it were tied to her foot. She scored again. It was 3 to 2.

Mia felt her stomach tighten. If *she* had given up two goals, she’d probably cry. But Sara didn’t look upset. Her face was focused, and she was mouthing, *I can do this*.

Number 8 lined up her shot, and Mia held her breath, but Sara fearlessly stopped the ball. Still 3 to 2.

“OK, Mia,” Coach said as the team huddled up before the second half. “You’re in goal.”

Mia took her place at the goal and stared down the field nervously. For most of the period, her team did a great job keeping the ball past midfield.

But with a few minutes left, Number 8 was headed straight toward Mia with the ball.

“Be confident,” Mia told herself, thinking of Sara’s words. “This is what you practiced for. You can do it.”

Number 8 swung her left leg with a powerful kick that launched the ball like a rocket. Mia stretched as far as she could and felt a sting as the ball slapped her fingertips and blew past.

As Mia tumbled to the ground, she glanced back. The ball slammed off the goalpost and bounced toward the corner of the field. Number 8 was there in an instant.

Mia scrambled to her feet and backed quickly toward the net as Number 8 sent another shot at the goal. Mia dived, just like she had dozens of times during practice. The ball sizzled through her hands and thudded against her chest. She squeezed her arms tightly around the ball. She did it! What an amazing feeling.

Mia rolled to her feet and punted the ball toward midfield. A minute later, the clock ran out. Mia looked down the field, where Sara was yelling, “Way to go, goalie!”

Mia ran off the field with her teammates to celebrate their victory. Out of breath, Mia called, “Hey, Coach, who’s playing goalie next week at MetLife Stadium? I can do it!”

TALK ABOUT IT

Why do you think Sara had confidence in Mia? How can practicing something help you get better at it?



You've GOT This!

We've all been there. Out of the blue, a normal day turns into a TOTAL DISASTER! But does it have to? Before jumping into panic mode, take a breath. You've gotten through every sticky situation you've been in so far—you'll get through this one too!

HERE ARE SOME TIPS THAT CAN HELP.



Yikes! You wake up late and barely have time to get ready. NOW WHAT?

Take a deep breath—this does not have to be a nightmare scenario!

Don't worry about finding the perfect outfit. Just find a clean, comfy one and put it on! Hair isn't behaving? Wear a hat if the dress code allows it, or see if a parent can help. Bonus points if you invent a new style.

Grab something you can eat on the way, and head out with confidence. You can connect with other kids by saying, "Have you ever had one of those mornings?" They may share their own funny stories.

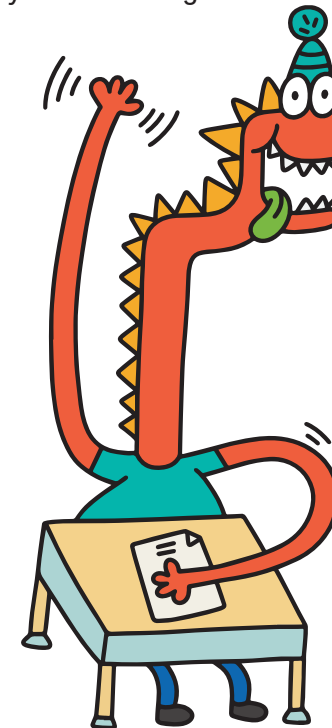
Before your next chaotic morning, figure out a few outfits you always feel great in. That way, you'll have one ready. And move your alarm out of snooze-button reach!



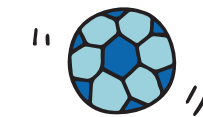
Ack! You don't understand something, but you're afraid to ask. NOW WHAT?

If you're feeling confused, you're probably not the only one. Think of all the times someone else asked a question that you were wondering about too!

Instead of apologizing for not knowing something, look at it as an opportunity to learn. "I'm confused about ____" or "I don't understand ____" are great ways to start your question. And the more you practice asking, the more confident you'll feel doing it!



Awkward experiences can have upsides. Every time you go through one, you come out a little more capable of taking on life's tricky moments. At the end of a challenging day, do something you know will make you feel happy. You deserve it! And when you notice someone *else* in an awkward spot, think of ways you can help them laugh or feel more comfortable. You may just save their day!



Argh! You wipe out at practice in front of everyone. NOW WHAT?

First things first: are you hurt? If yes, it doesn't matter what anyone thinks. Go to the nurse and get checked out!

If your body is fine and only your pride is hurt, it still doesn't matter what anyone thinks. They will most likely forget about it by the end of the day, so it's totally acceptable to brush it off like nothing happened.

If the wipeout was particularly epic or silly, go ahead and laugh with your friends about it. You could even ask them to reenact it so you can see it through their eyes and enjoy an even bigger laugh!

**WHAT'S
WRONG?**
It's up
to you!



**YOU
DID IT!**

You made it to the end of this magazine. Keep building your confidence by creating your own *What's Wrong?* puzzle and challenging someone else to solve it. There are no wrong answers—what's most important is having the confidence to try!