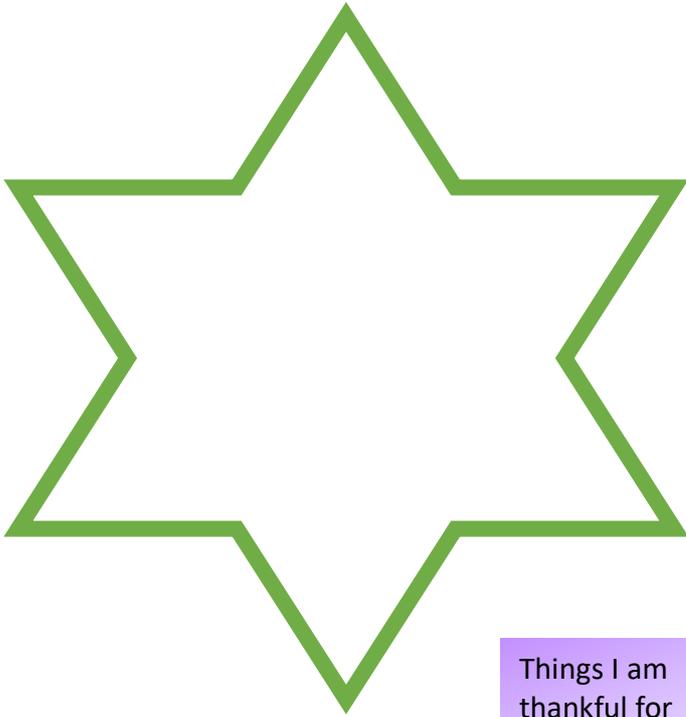
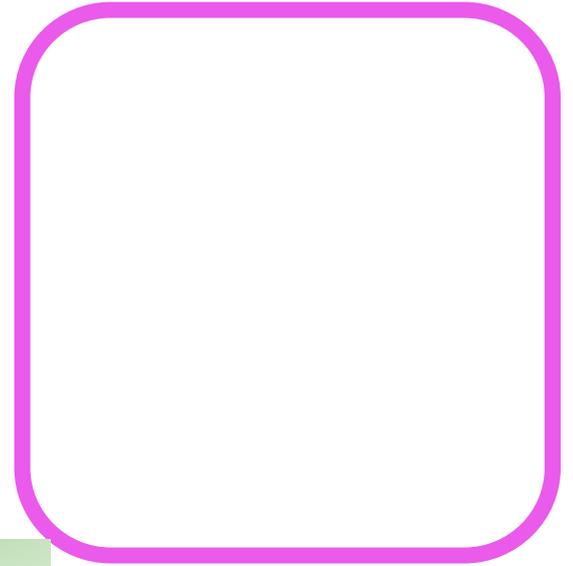


What makes me special?

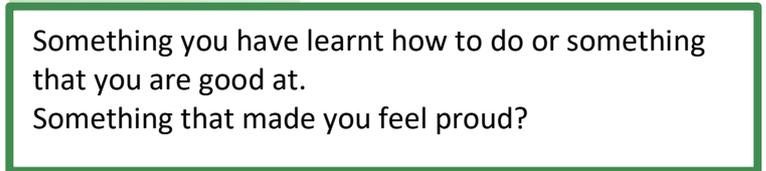
Things I enjoy

Name your favourite activity that you like to spend time doing and that bring you the most joy. Use words or pictures to describe this activity



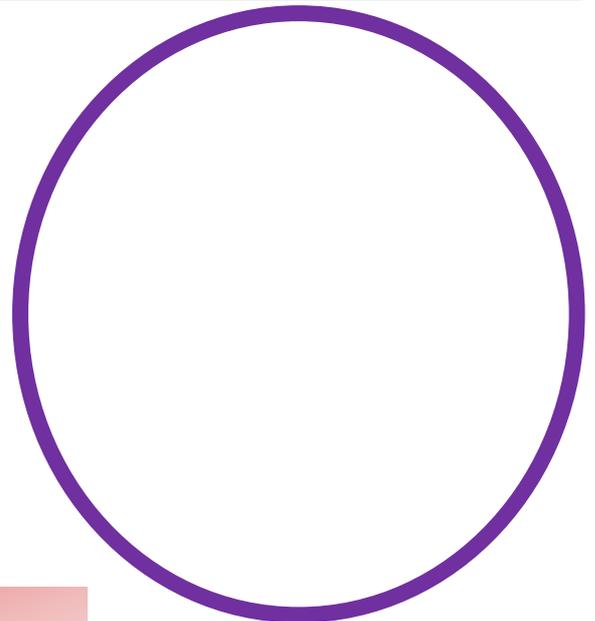
My achievement or new skill

Something you have learnt how to do or something that you are good at. Something that made you feel proud?



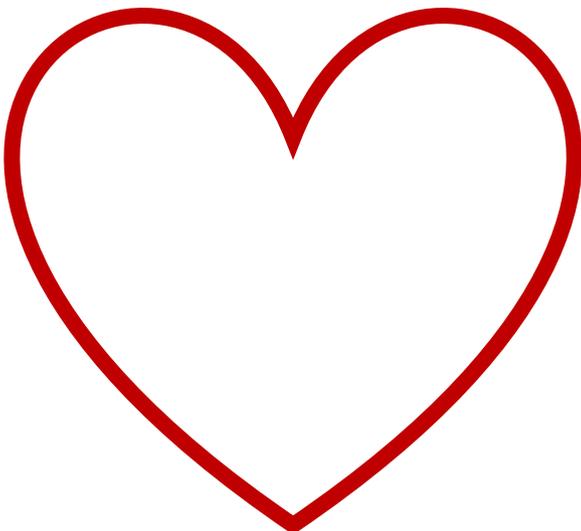
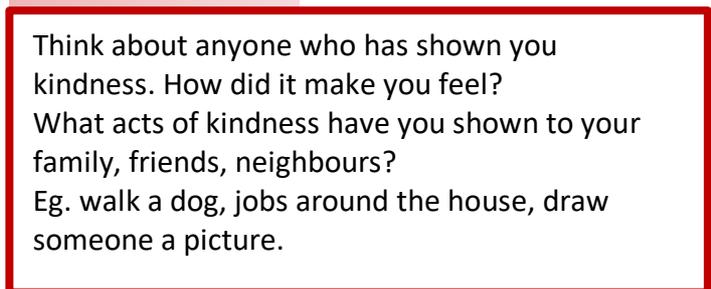
Things I am thankful for

Think about people, things or events that you are thankful for. Also think about a time when you have said thank you to someone and what it was for.



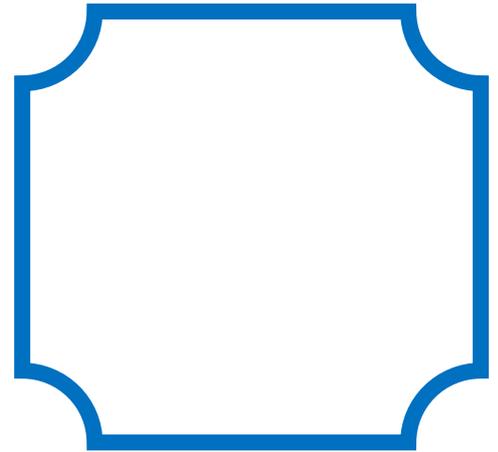
My acts of kindness

Think about anyone who has shown you kindness. How did it make you feel? What acts of kindness have you shown to your family, friends, neighbours? Eg. walk a dog, jobs around the house, draw someone a picture.



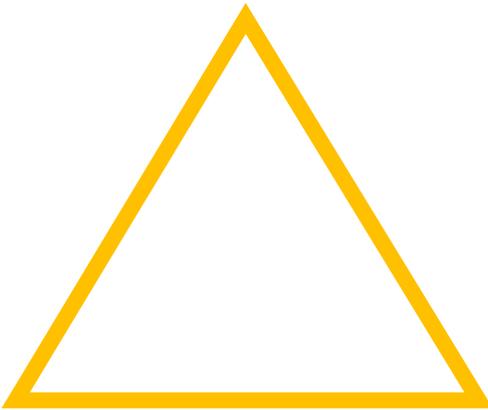
Challenges I have overcome

Think about something that you used to find difficult but you are now able to do it.
Think about who helped you overcome any problems that you had
Or think about a time when you felt worried or sad and what you did to make yourself feel better.



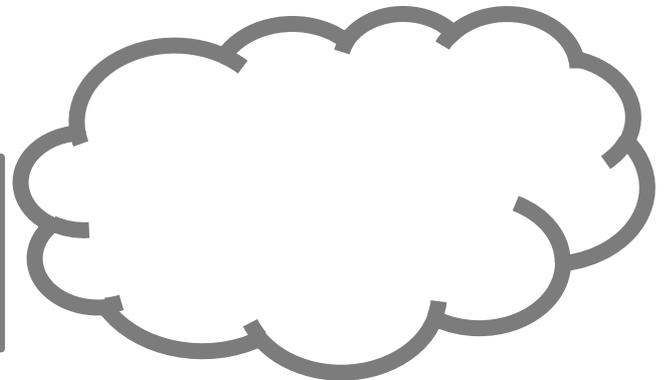
A new goal

Think about something you would like to achieve, however small.
This could be something new or something you want to get better at.
What you might need to help you do it?
Who can help you?



My hopes and dreams for the future

Think about something you might like to do in the future
What could to help you reach your dream?
Who could you talk to about your hopes and dreams?



My Happy Place

Name a place that you can think about that makes you feel better. It can be....

- A real place you have visited
- Somewhere in your home
- Somewhere in your local area
- Somewhere in your imagination

