

Activity 3: My School Year Memory Pages

Another way to focus on the positives is to think about all the brilliant things that make you you! When you are feeling sad or worried it can help to remind yourself of all the things that make you special.

I Am an Amazing Person!

Read and complete the sentences in the stars below.
You can draw or write the answers.



Activity 4: My Future Self

You have already gone through lots of changes in your life.

1. Ask your parents to show you some photos of you when you were younger. Put them in time order and then make observations about how you have changed so far. How have you changed physically? What can you do now that you couldn't do when you were younger?
2. Imagine how you might change in the future and draw a picture of your future self (at any age you choose!). Think about what you will look like but also what you would like to be like. What do you think will be important characteristics to have? What kind of person would you like to be? What would you like to be able to do when you are older?