

# My Self-Praise Jar

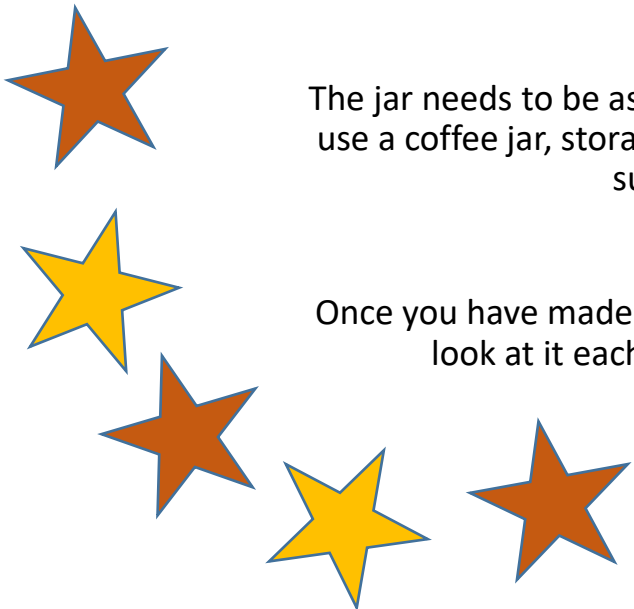
The purpose of the self-praise jar is to celebrate what makes you YOU!

In this jar you can keep all of your own unique talents and qualities in one place. You can look at them regularly and remind yourself of how special you are.

There are some statements below which have been started but need to be finished. Sometimes it can be difficult to do this, so ask an adult to help you if you need to. Try and be positive when you complete the statements. Perhaps you can even think of some of your own.

The jar needs to be as special and unique as you are, so whether you use a coffee jar, storage jar, jam jar or something else entirely, make sure it is decorated carefully.

Once you have made your jar and put the self-praise slips in, try and look at it each day and read some of the statements.



I am...

My special talent is...

My friends would say I am...

I am a good son/daughter because...

I am really good at...

My teacher would say I am...

I have worked hard to be better at...

I am working hard to be...



My Self-Praise Jar

