

All about me!



When we have problems in our lives or things aren't going too well for us we can feel pretty rubbish about ourselves. Try to write down some good things about yourself. **Remember- if other people do not behave well then it is NOT YOUR FAULT!!!**



A time when I made someone happy



Something I have achieved



Something that makes me special



Something good about me

Have a look at the words below- tick any of them that could be used to describe you.

BRAVE

FUNNY

GOOD LISTENER

KIND

GOOD FRIEND

STRONG

LOVING

FRIENDLY

FUN LOVING

CARING

APPROACHABLE

SENSITIVE

SPORTY

CLEVER

LIKEABLE

UNIQUE

THOUGHTFUL

ORGANISED

IMAGINATIVE

POSITIVE

JOYFUL

PEACEFUL

CALM

COURAGEOUS

CREATIVE

HONEST

LOYAL

Remember- you are special and there are lots of people who care about you 😊