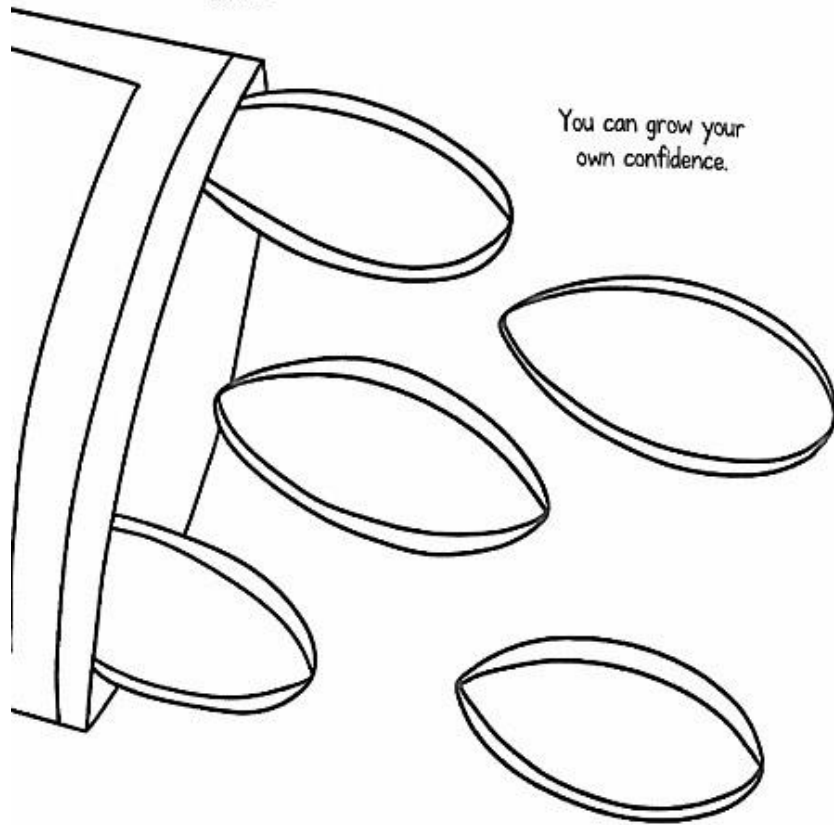


Positive and self-esteem activities

GROW YOUR OWN



You can grow your own confidence.

Fill in each of these seeds with a thought or belief you have about yourself.

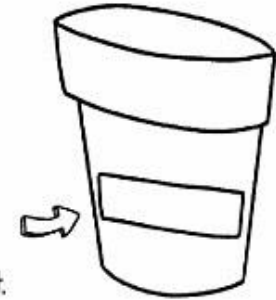
Make sure there are some positive ones.
Which one are you going to grow?

THE ONE YOU FEED IS THE ONE THAT WILL GROW!

Take the seed you'd most like to get rid of and plant it in this pot without soil, air, water or light.



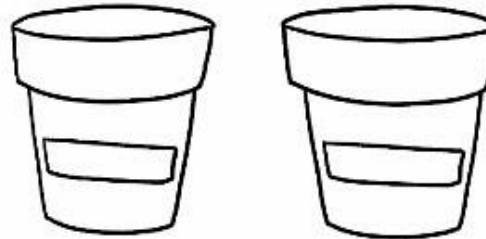
Write its name on the label.
Watch it give up and wither away without anything to feed it.



Find two seeds that really need a chance to grow to help you act more confidently. Plant them in these pots and write on the labels.

Cover them in soil, water them and give them plenty of sunlight.

Colour the picture if you like.



Keep coming back to check their progress every time you use this book. As you feel the beliefs growing inside you, draw the stem, leaves and flowers on and colour them in.

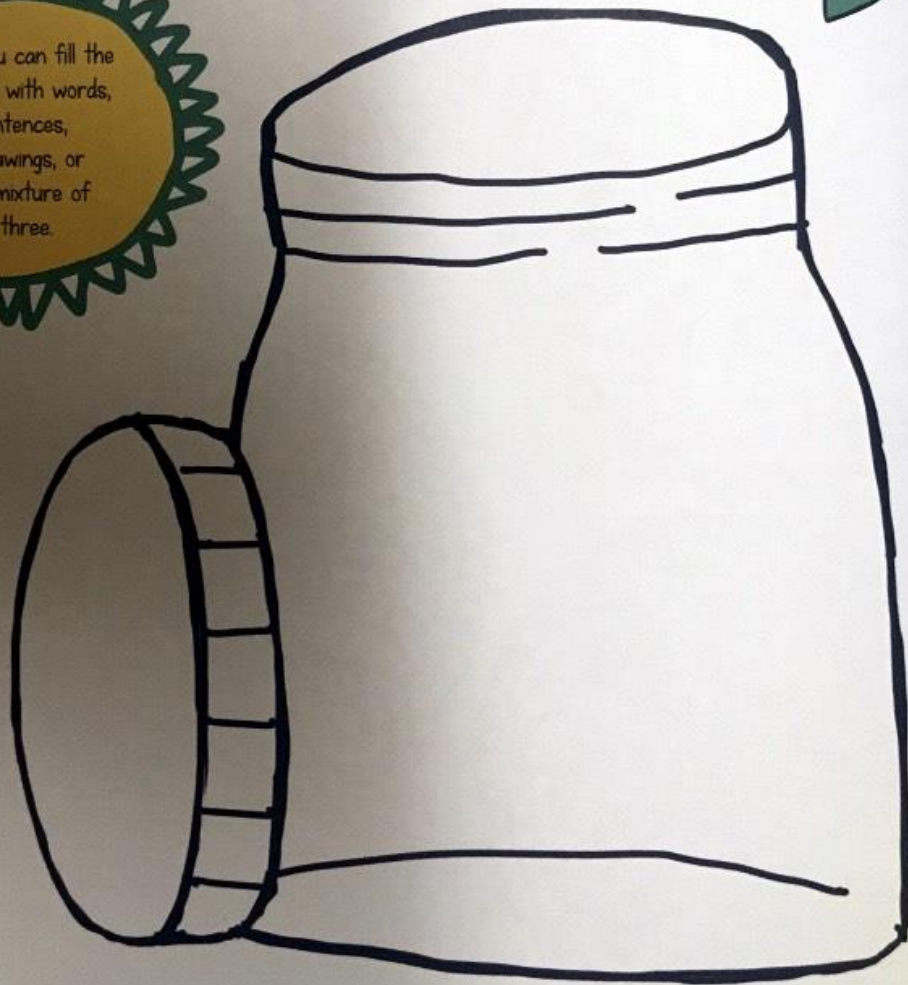
When you've grown this strong and healthy belief, what new challenge will you try to test it out?

Come back and give it a big tick when you've done the challenge:

THE HAPPY JAR

Fill this jar with happiness by writing or drawing in happy thoughts and pictures.

You can fill the jar with words, sentences, drawings, or a mixture of all three.

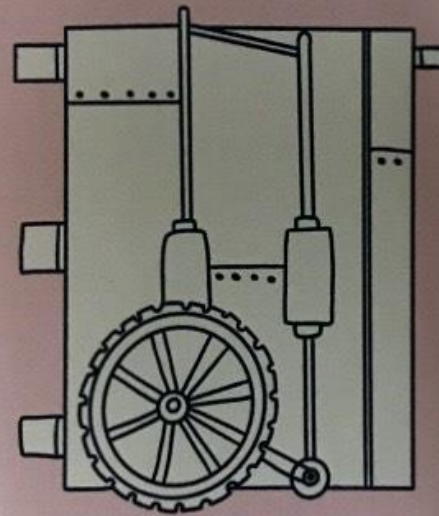


SQUASH THE TOSH

You've got the power to change what you believe about yourself and how you feel.

Push your unhelpful, negative beliefs into this **TOSH SQUASHER** and see what helpful, positive ideas you can pull out of the other side

I'm rubbish
at singing



Sometimes I sing out of tune

Some songs are easier to sing

I can practise and improve

Sometimes

Some

I can

Sometimes

Some

I can

Try using your **BE POSITIVE!** power on two of your negative beliefs.

Whenever you feel rubbish, you know what to do to change how you feel. **SQUASH THE TOSH!**

WRONG IS ALRIGHT

Make deliberate mistakes all over this page and don't rub them out.

If you accidentally make a mistake, that's even better!



$$3+3=8$$

BE POISTIVE



WRONG IS ALL WRITE

Be as creative as you can be!

You could show this page to friends and see if they can spot the mistakes - but don't change them!