



Someone who has helped me...

What is one thing that you can start doing that is kind towards yourself?





Something I'd like to try is...

My favourite animal is...





I'd like to be better at...

Something I'd like to be different is...



When I lose a game I feel...





The best thing about the weekend is...

I feel angry when...





When was a time that you were brave?

Something that frightens me is...





My favourite people to be around are...

A calming colour for me is...





My favourite food is...

I feel happy when ...



The thing I like to do most in my free time is ..



I hope to find...

The best thing about school is...







I feel calm when...

f I were I superhero, I'd like my super power to be ...





When I grow up...

A thing I like to do the most is...



Something that's important to me is...

I feel safe when...



Something I don't like about school is...



My favourite music is ...

When I'm alone I...





I feel sad when...

Something people like about me is ...





What is one thing that you can start doing that is kind towards yourself?

If I had a time machine, I'd go...





I am excited about...

A person I admire is...



Something that makes me laugh is...





A thing I like to do the most is...

The best thing about my family is ...





Your paragraph text





When I feel unsafe I can...

When I feel unsafe I can...



I remember when...

Something I do well is...



A thing about me that I'd like to change is ...

I am looking forward to...



A thing I would change is...



I smile when...





I wish I knew...





Something I have learned is...

I really miss...





I feel excited when...

I wish I knew...



I am proud of...





If I had a 'magic wand' I would change...

Something new I tried (though I felt unsure) was...

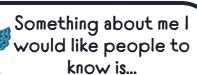




A time that I kept on trying was...

My favourite book character is...











I am at my best when...



The best time of the week is...

I can teach other people how to...



Something nice someone said about me was...





















