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Someone who has helped me...



When was a time that you were brave?

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



Something that frightens me is...



Something I'd like to try is...



My favourite people to be around are...

My favourite animal is...



A calming colour for me is...



I'd like to be better at...



My favourite food is...

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



I feel happy when ...



When I lose a game I feel...



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



The best thing about the weekend is...



I hope to find...

I feel angry when...



The best thing about school is...





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I feel calm when...



I feel sad when...

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



Something people
like about me is ...



When I grow up...



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

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



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



Something that's
important to me is...



I am excited about...

I feel safe when...



A person I admire is...



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



Something that
makes me laugh is...



My favourite
music is ...



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

When I'm alone I...



The best thing about
my family is ...





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Your paragraph text



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When I feel unsafe I can...



If I need help I can...

When I feel unsafe I can...



I wish I knew...



I remember when...



Something I have learned is...

Something I do well is...



I really miss...



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



I feel excited when...

I am looking forward to...



I wish I knew...



A thing I would change is...



I am proud of...



A fun fact about me...



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

I smile when...



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





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A time that I kept on trying was...



My favourite book character is...



Something about me I would like people to know is...



Something I am grateful for is...



Something my friends like about me 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...





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