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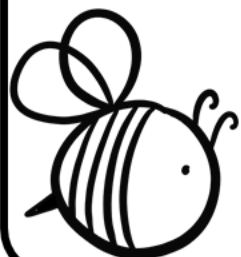




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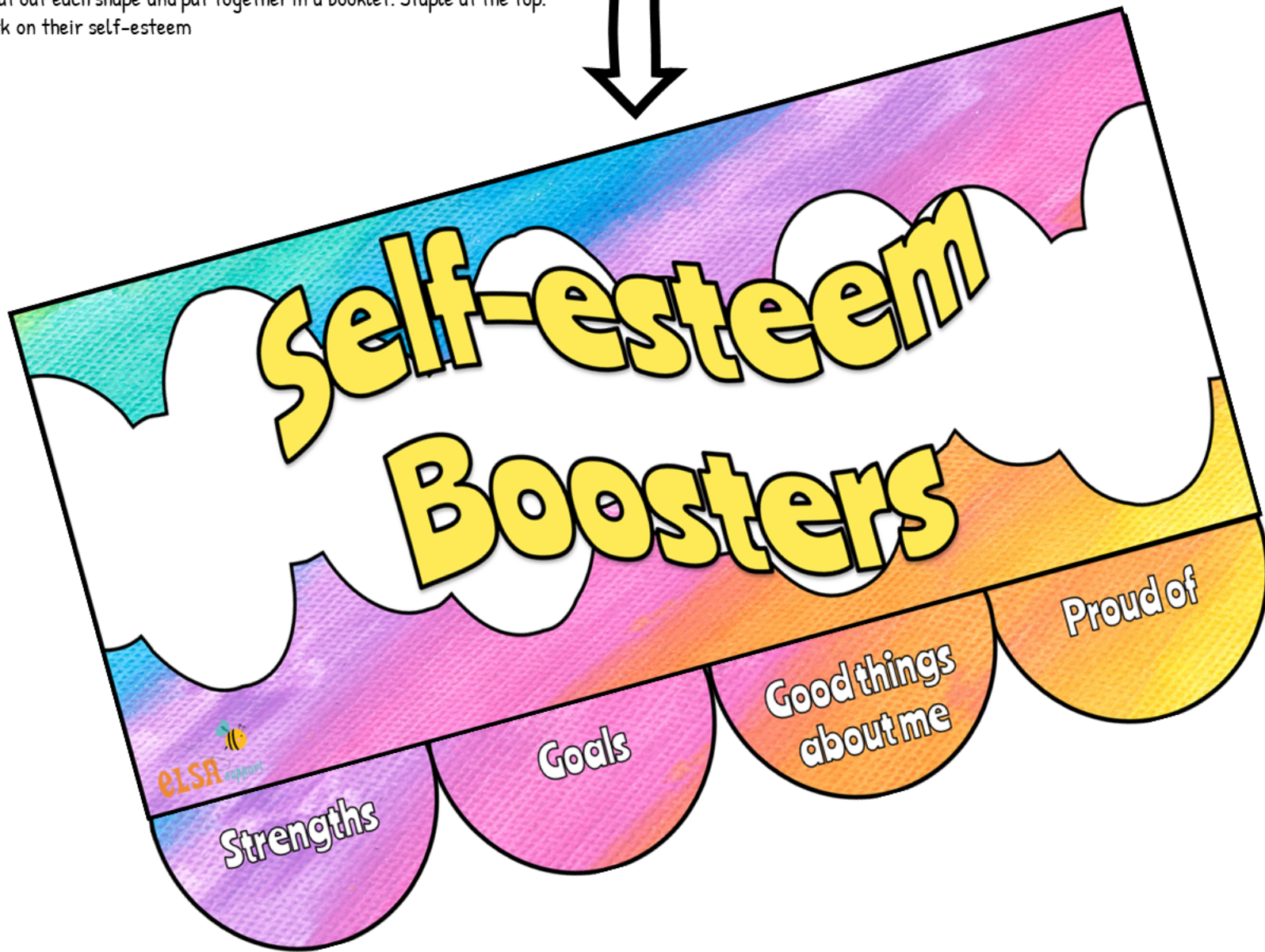
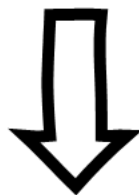
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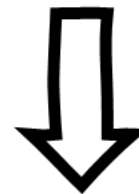
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Print as A4. Cut out each shape and put together in a booklet. Staple at the top.  
Pupils can work on their self-esteem



Print as A4. Cut out each shape and put together in a booklet. Staple at the top.



# Self-esteem Boosters

Write or  
draw your  
strengths

- |        |          |             |            |            |            |           |            |
|--------|----------|-------------|------------|------------|------------|-----------|------------|
| Kind   | Caring   | Helpful     | Artistic   | Creative   | Inspiring  | Assertive | Positive   |
| Sporty | Brave    | Musical     | Honest     | Patient    | Grateful   | Sincere   | Persistent |
| Strong | Friendly | Responsible | Respectful | Thoughtful | Supportive | Reliable  | Loyal      |

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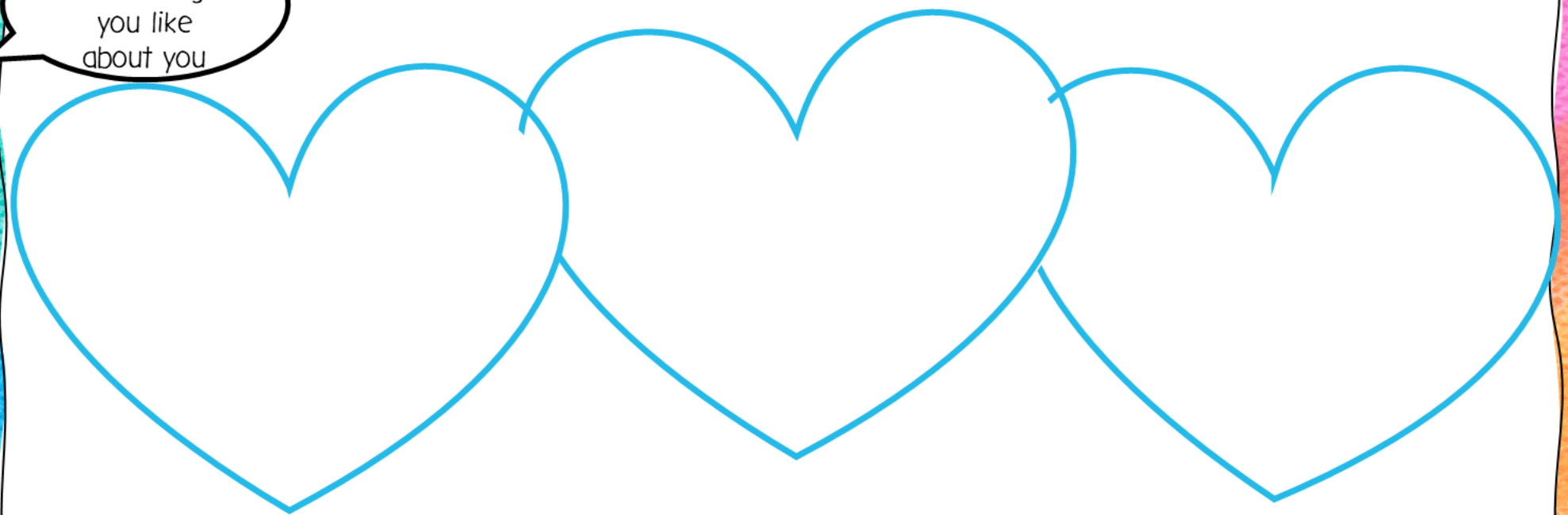
# Strengths

Write or  
draw your  
goals

Three large, overlapping blue circles are arranged horizontally. Each circle has a small blue crescent shape on its left side and a small blue trapezoidal shape at its bottom. The circles are intended for drawing or writing goals.

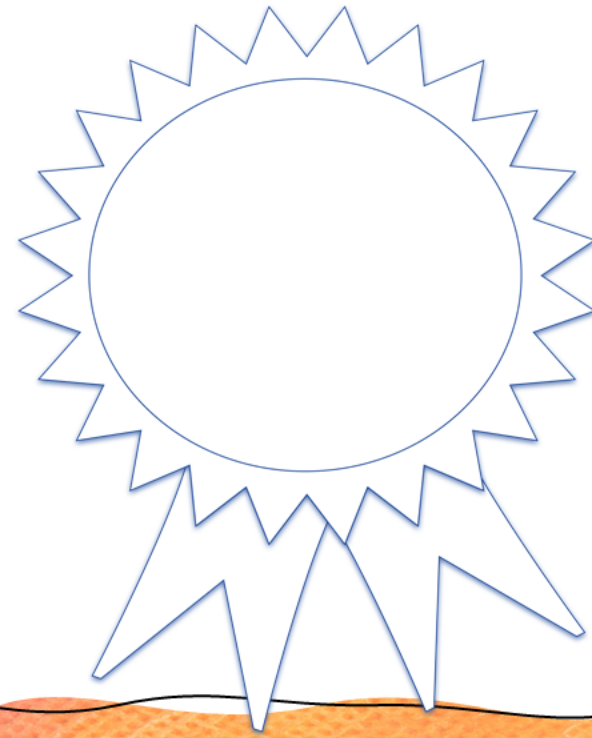
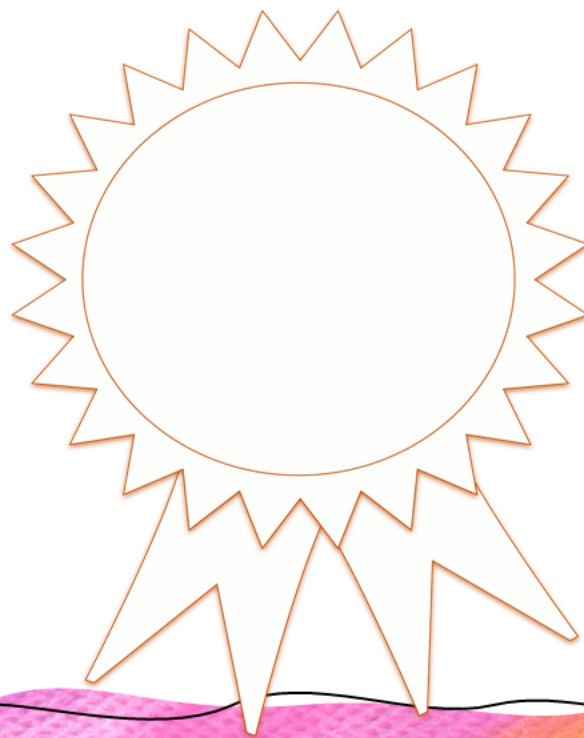
Goals

Write or  
draw things  
you like  
about you



**Good things  
about me**

Write or draw  
the things you  
are proud of



**Proud of**