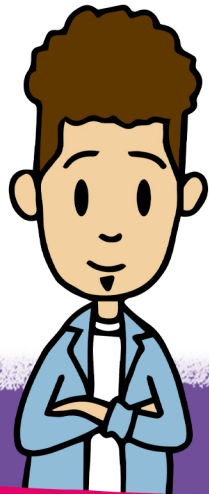


It is good to check in with ourselves and remind us of the qualities we all have inside. Write or draw in the boxes below some of your skills and hopes. This activity is a great way for us to realise our inner strengths and the things that give us confidence.

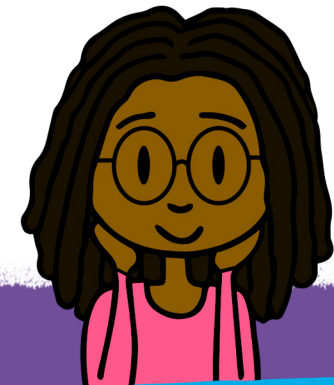
**YOUNG**MINDS



I am really good at...



I am proud of myself...



I am hoping today will bring...