

L.O. I am learning to explain the importance of body confidence.

1) A quality I admire about myself is (circle all that apply)...

I am kind      I am a good friend      I always try my best

I am resilient      I am funny      I am thoughtful      I am brave

I am positive

Challenge—can you add any of your own? -

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Draw a picture of something you enjoy doing:

In the future I would like to spend more time (tick all that apply)...

Being kind to others. ☐

Focusing on what makes me special. ☐

Focusing on what makes me happy. ☐

Giving compliments. ☐

Trying to stop people worrying about their appearance. ☐