

**Activities to do at home, once you’ve listened to the story**

**I am…**

What do I need…?

Some paper

Art materials of your choice such as felt tips, crayons and/or pencil crayons.

A printed picture of your child(ren)

This family activity is one that everyone can participate in. Ask your child to list words that best describe them. These can be any words at all. (Some children struggle to see positives in themselves. You may want to offer some gentle support and ideas.)

Then ask your child to only focus on only the positive words.

Place a printed picture/photograph of your child in the middle of a piece of paper. Ask your child to fill the outside of the paper with only positive and descriptive words and sentences.

When completed have a conversation about the things that have been listed. If there is room remember to remind your child that we are always learning new things and they can add to it whenever they want.

Pin this up in their room or somewhere where they can see it daily to remind them of all their brilliant qualities.

**Affirmations**

Affirmations are short positive statements that are to be repeated frequently. Positive affirmation statements are aimed to become beliefs and improve self-esteem, confidence, and resilience.

We would encourage all members of the family to participate in this activity. After all we could all use a boost to our well-being at times.

There are a few examples below.

**I am strong, I am Brave, I am good enough, I am positive, I respect myself, I am important, I am thankful**

**Feel free to share any work you’ve done with us and send us in a picture, so we can see.**