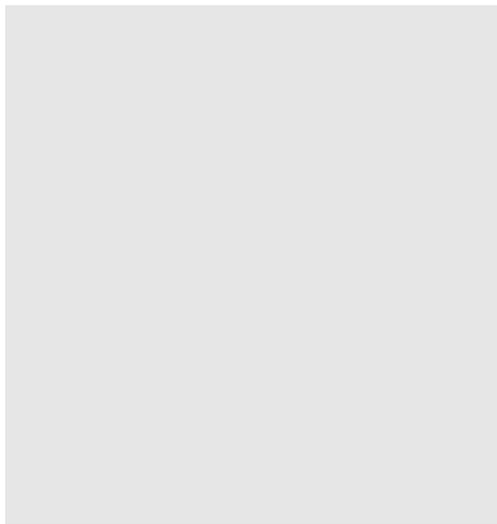


# MISSION 1: SELF-ESTEEM



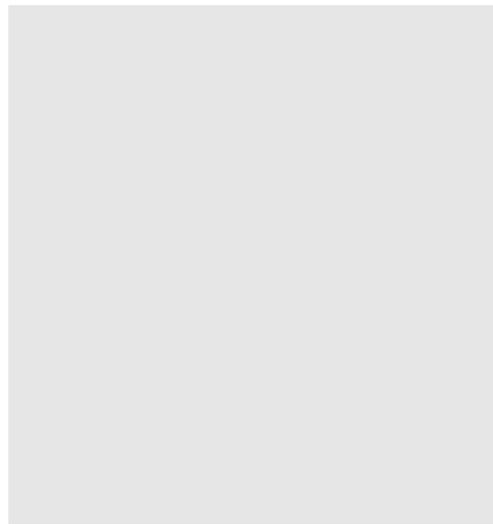
Fred tells Katy that self-esteem is like building a house. Draw a labelled picture below to show what this means..



The self-esteem house



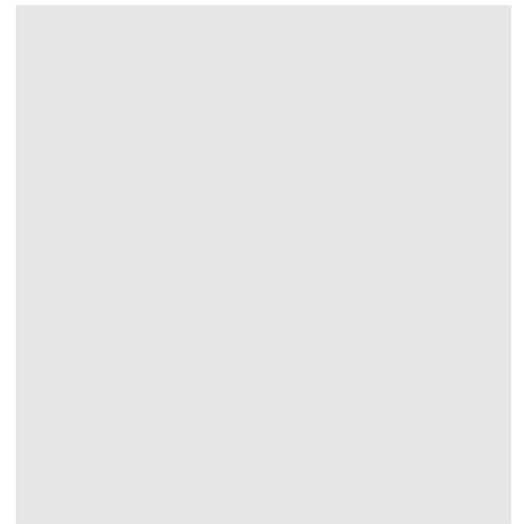
Can you think of another way to describe 'self-esteem'? Show Fred and Katy discussing your idea using speech bubbles.



My cartoon explaining self-esteem



Katy chose 'Choice 1' and pretended not to be hurt. Explain which choice you would have made and why in the box below.



I made choice...

MISSION 2: CONFIDENCE



Draw a cartoon of you standing next to Katy before her penalty. What advice would you write in the speech bubble and what would Katy reply to your advice? Can you think of another analogy to describe 'self-esteem'? Show Fred and Katy discussing your idea using speech bubbles.

Blank grey rectangular area for drawing and writing.

Penalty Advice

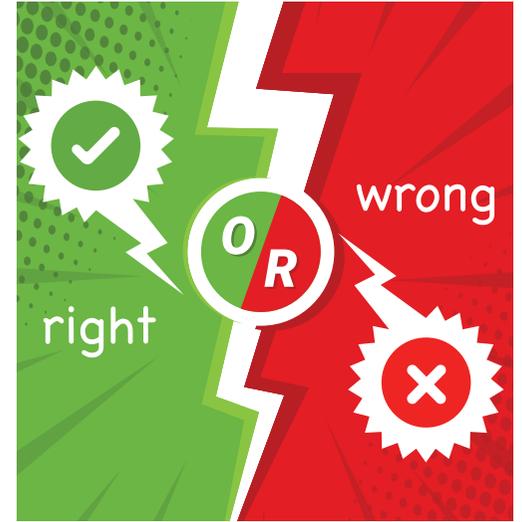


Fred used the wind to teach Katy a lesson about 'smarter confidence'. Do you think Fred was right to make Katy miss the penalty? Write for & against below.

Blank grey rectangular area for writing 'For' and 'Against'.

For

Against



Fred advises Katy, "Don't be scared of what might go wrong. Think about what could go right." Give an example of how you could use this motivation in your life.

Grey rectangular area with the text "What can go right?" at the top and several horizontal lines for writing.

"Giving it a Go" Example

MISSION 3: RESILIENCE



Katy made "Choice 2" in Mission 3. This didn't show resilience. Write the best choice below and the consequences of that choice in your own words.

A large, empty light grey rectangular box for writing the best choice and its consequences.

The Better Choice



Fred Fix 2 is "Elastic Band Flick". This helps us to respond rather than react. Write a brief step by step guide how to use this. Use bullet points or numbered steps.

Respond by:

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Steps to a Better Response



In what areas of your life do you show resilience? Give an example of how you show resilience.

A large, empty light grey rectangular box for writing about areas of resilience and providing examples.

My Resilient Self

# MISSION 4: EMPATHY



Katy decided not to give USB a team talk. Write out a team talk for Katy to deliver to motivate the team.

Blank writing area for the team talk.

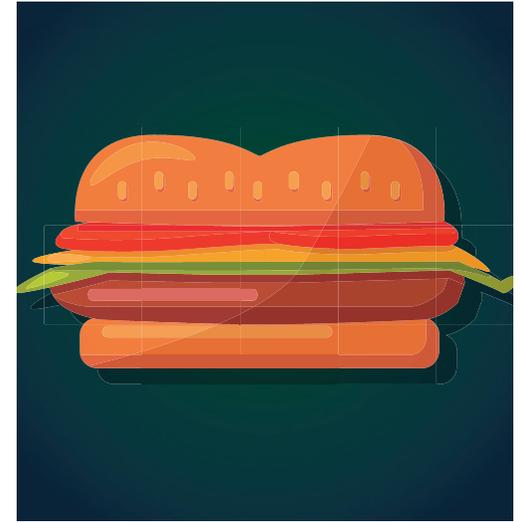
The Team Talk.



Fred tells Katy that she needs to show more leadership skills. List the qualities that you think make a great leader.

Blank writing area for listing leadership qualities.

What Makes a Great Leader?



Fred Fix - Eat the Burger. Write in the burger about how you could give honest feedback to a friend below using the formula that Fred explained in Mission 4.

Blank writing area for the Fred Fix activity.

My Resilient Self

MISSION 5: ABILITY MIND SETS



Katy and Sun Wen start rapping. Write a verse of rap below to show that you understand ability mind sets.

A large, empty light gray rectangular box intended for writing a rap verse.

Mindset Rap.



FAIL means First Attempt In Learning. Give an example of something that you have failed at before you got it right in the end.

A large, empty light gray rectangular box intended for writing an example of a failure.

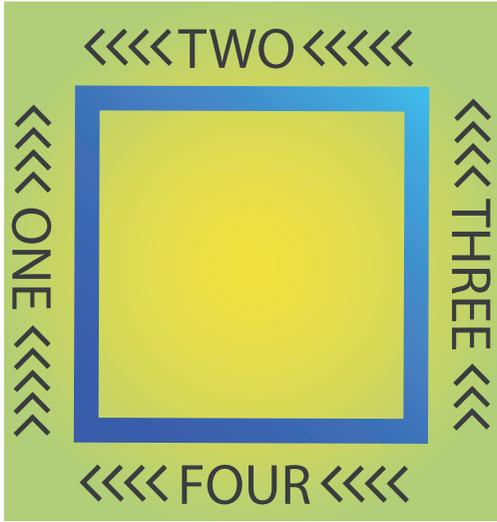
FAIL



Katy makes a poor choice and doesn't choose to abseil. Describe a time when you didn't take an opportunity that could have given you new and different experiences.

A large, empty light gray rectangular box intended for describing a missed opportunity.

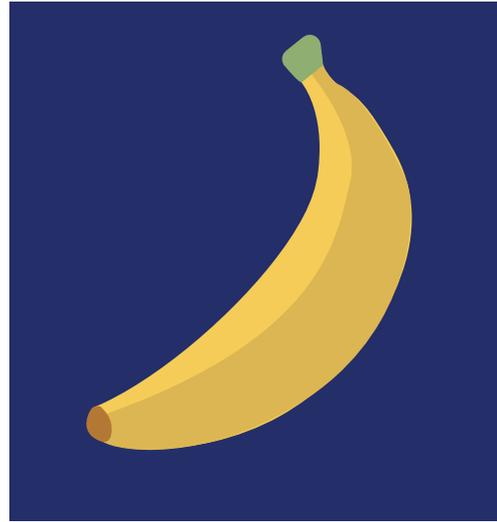
Missed Opportunities



Fred Fix 5 is Tibetan Box Breathing. Describe what this is and how it could be used to help a person to focus.

Blank grey box for writing the description of Tibetan Box Breathing.

Tibetan Box Breathing



In Mission 6 Mindful Meditation is described. Complete the activity with a chocolate and record your responses below.

BANANA BOOST

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Yummy



Katy was hired by Lady Sugar for her dream job. What is your dream job and how will you achieve your dreams?

Blank grey box for writing about the dream job.

My Dream Job