



# I Am Brave...

You are a brave person! You will have achieved many brave things in your life already and you will go on to do even braver things.

Please think of all the times when you have been brave and then complete the statements below.

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

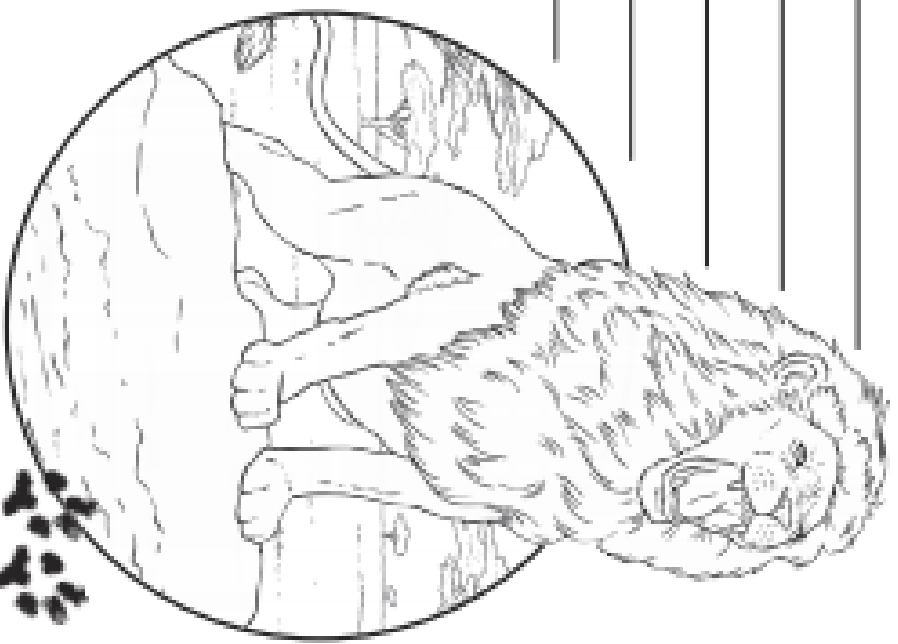
I am brave because \_\_\_\_\_

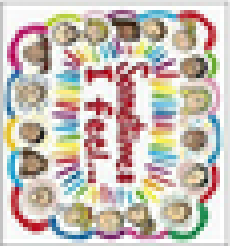
I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_

I am brave because \_\_\_\_\_





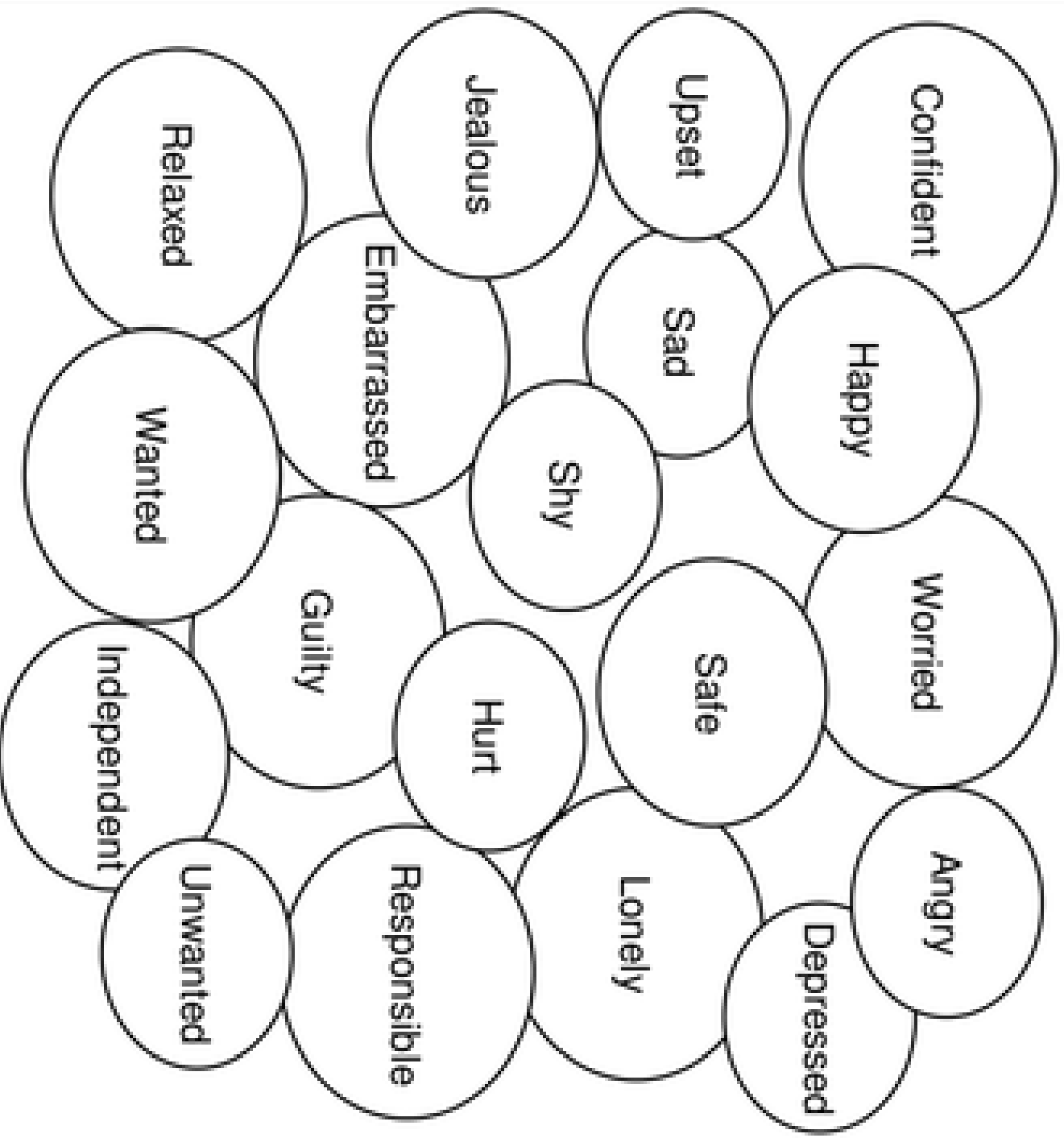
# MY FEELINGS

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

Instructions:

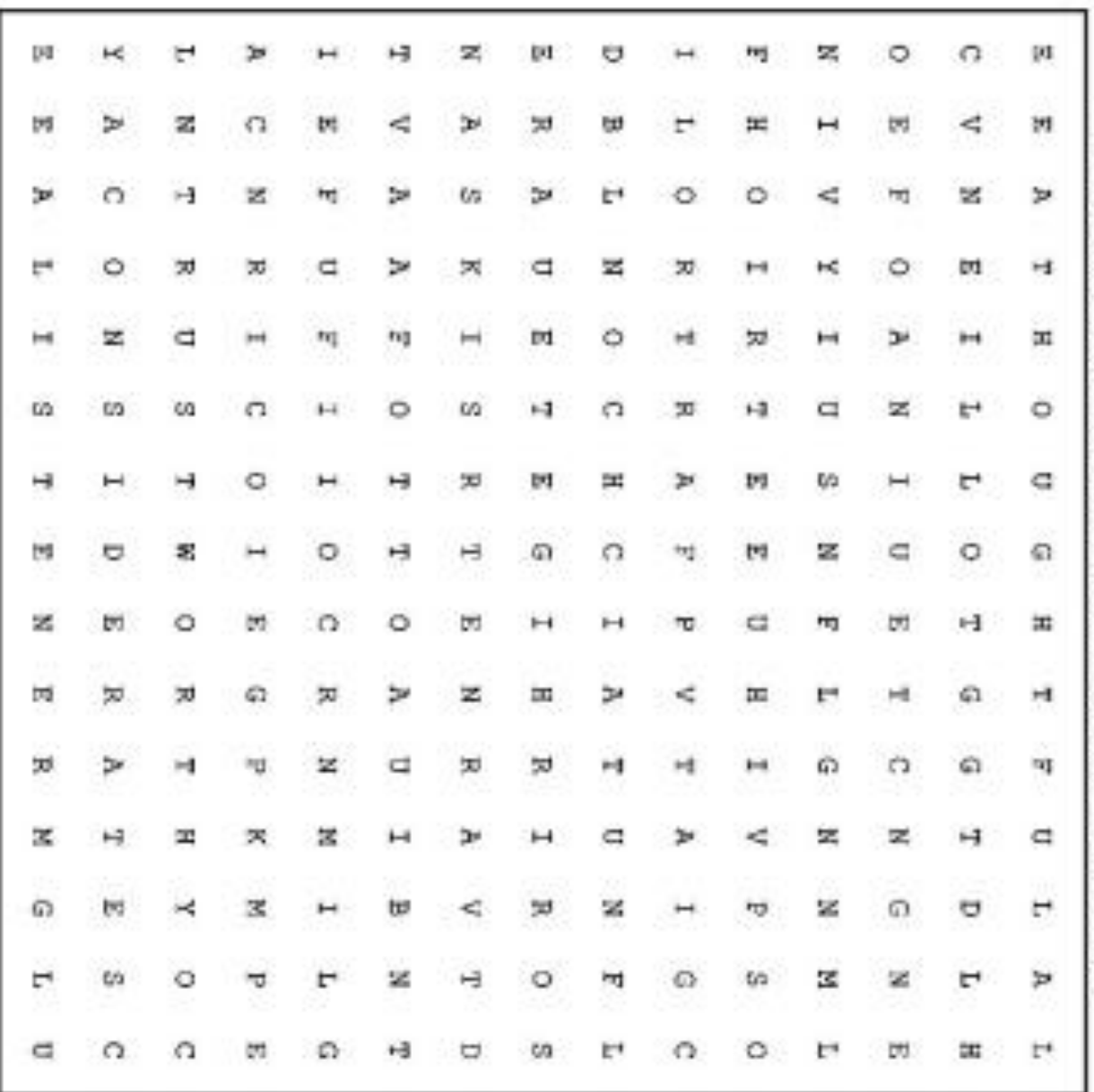
- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.





## HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.

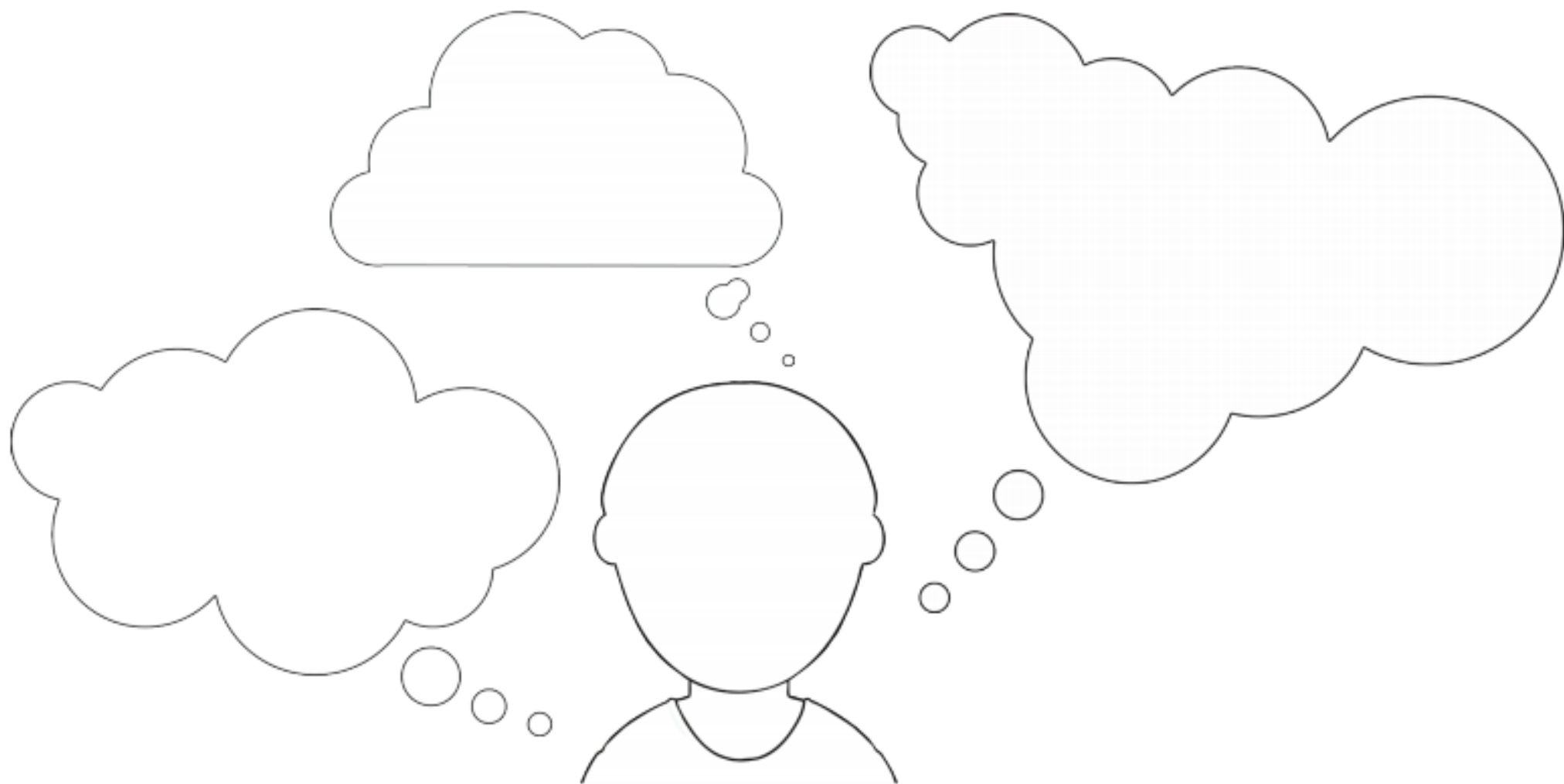


### WORDS TO FIND

brave	empathetic	honest	loyal
caring	faithful	inseparable	protective
communication	forgiving	kind	thoughtful
confidential	funny	listener	trustful
considerate	generous	loving	trustworthy

# Things That Make Me Happy

What makes you happy? Have a think and talk about your ideas with a grown-up and your friends. Draw an idea into each thought bubble – you can draw a smiley, happy picture of you too!



# Achievements

Every day we are all achieving things, both in school and at home. In the box below, draw a picture of something you have achieved outside of school – something you are really proud of.



## Making Negative Thoughts into Positive Thoughts

Often, we think negatively about a situation or an event that has happened or is about to happen. When we think negatively, we are likely to carry on thinking negatively, which helps to make the thought more powerful. When this happens, it is really difficult to find positive thoughts. This can lead to a one-sided view of a situation or event which is often not a true judgement.

Please complete the table below so you can see how you can change negative thoughts into positive thoughts.

Negative Thoughts	Positive Thoughts
My friends don't like me anymore because I can't go to the party on Saturday night.	
I am not good at maths because I only got 16 out of 20 correct in my test.	
I don't want to move house as I won't make any new friends and I will be lonely.	
My new school won't be as good as my current school.	

## Making Negative Thoughts into Positive Thoughts

Now you have completed those examples, complete the table below with your own negative and positive thoughts.

Think what positives you can see from the situation and how you can think more positively.

The more positives you can find, the more positive you will think, as the negative thoughts will be reduced and the situation will appear more balanced.

Negative Thoughts	Positive Thoughts