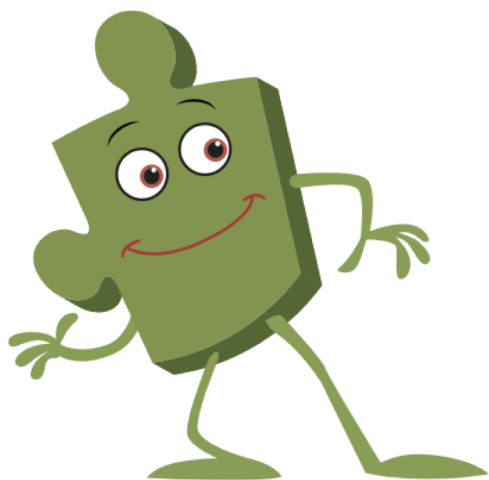# Recognising me!

Please teach me to...

- have an accurate picture of who I am as a person in terms of my characteristics and personal qualities
- know how to keep building my own self-esteem.

Personal qualities: the actions or behaviours of a person.
E.g. Ms Trunchbull is often very angry.

Characteristics: a special quality or appearance that makes an individual, or group, different from others.
E.g. Gentleness is a characteristic of the Labrador dog breed.

Self-esteem: how much you value yourself. Being able to feel proud of what you can do, being able to see the good in yourself and being able to believe in yourself even if things don't immediately go well.
E.g. I didn't do that well on my spelling test, but I know that I will smash it the next time!

Attributes: something you can say another thing has/ is.
E.g. Princess Jasmine could be labelled as beautiful, kind and brave.

Activity

Open My Mind: Think about a famous person or a celebrity you admire because of their personal qualities.

Answer these questions about your chosen person:

1. Who do you admire?

_____

2. What personal qualities does this person have that you admire?

_____

_____

3. Are you similar to them in any way? How?

_____

_____

Activity **3 Things:** Before you go to sleep every night, write down, or tell someone:

3 good things that happened to you that day	3 things you are grateful for

Activity

Around the outside of the figure, write words that you consider to be your own positive personal qualities.

Once you have finished, you could ask family or friends to add to it. For example, ask a parent to tell you three different positives to write on your picture! Did anything surprise you?

Self-esteem
is how much you value yourself.

Put a circles around your three favourite things on your drawing. Why did you circle these three?