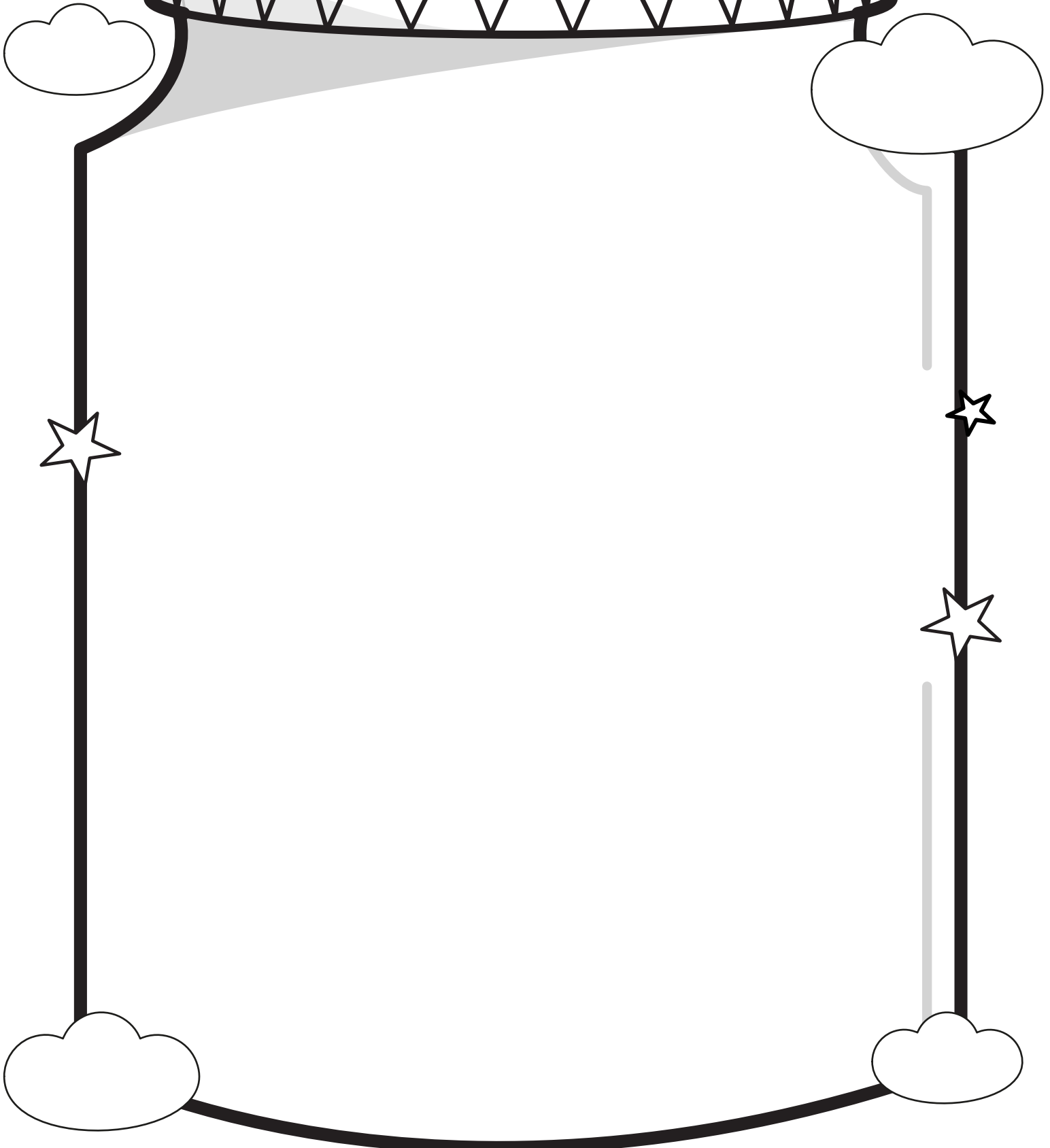
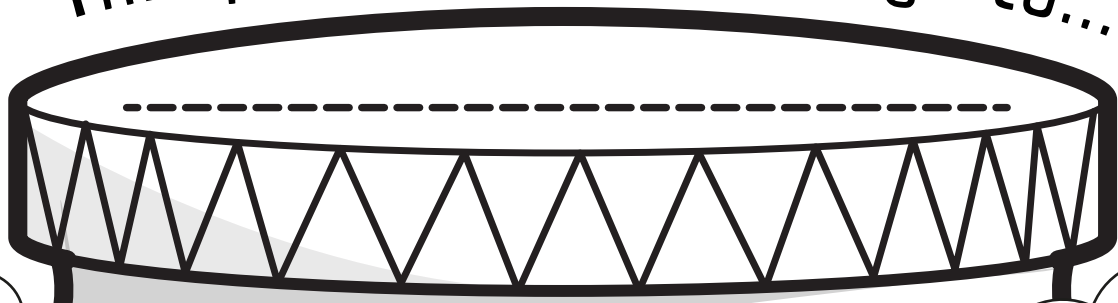
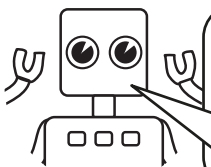


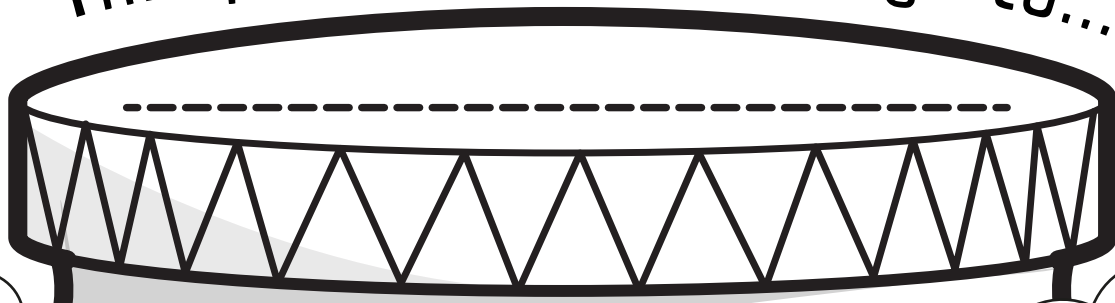
This positivity jar belongs to...



In this jar fill in all the good things that come to your mind when you think about yourself and your life. What are you good at? Who do you value the most? What things are you grateful to have? What do you like about yourself and others?



This positivity jar belongs to...



Things that I'm good at...

Things I like about myself...

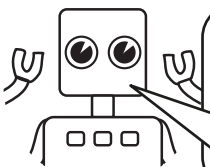
I am grateful to have...

Things I like about my family and friends...

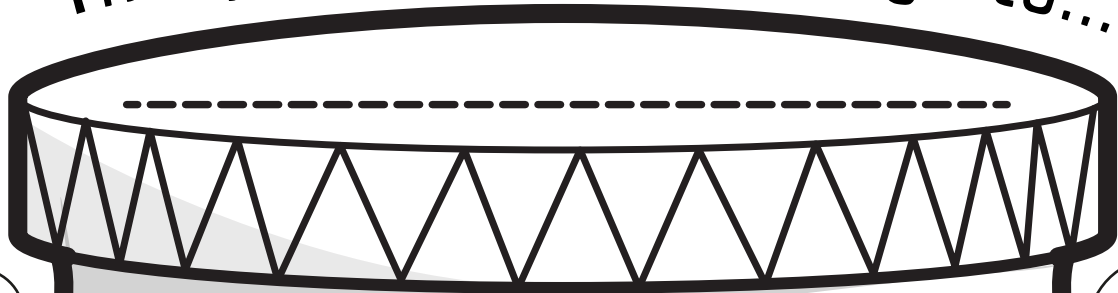
A challenge that I overcame...

Something kind someone has done for me...

In this jar fill in all the good things that come to your mind when you think about yourself and your life. What are you good at? Who do you value the most? What things are you grateful to have? What do you like about yourself and others?



This positivity jar belongs to...



I am...

strong

patient

kind

funny

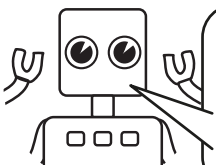
brave

caring

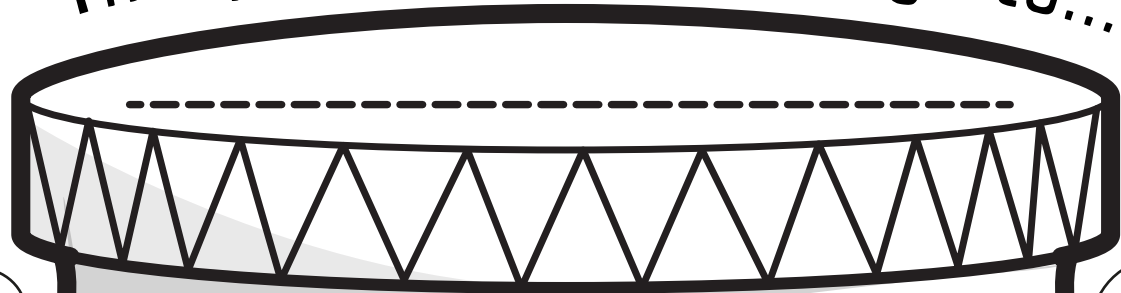
smart

calm

Colour in all of the words that you are capable of. In the gaps draw what comes to mind when you read the words – you can even add in some positive words of your own!



This positivity jar belongs to...



I am...

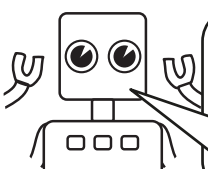
strong patient

kind

funny brave

caring smart

calm



Colour in all of the words that you are capable of. In the gaps draw what comes to mind when you read the words – you can even add in some positive words of your own!