



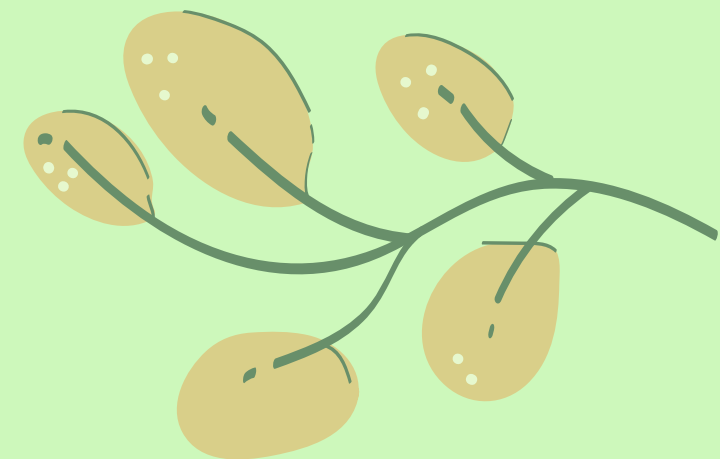
# ***I AM AMAZING***



You are amazing! Today we will look at why!

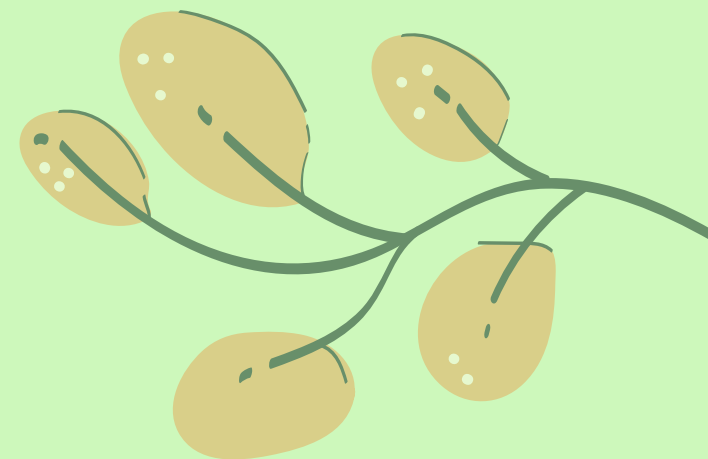
You will need:


- a pen
- paper





Write down the answers to the next questions.  
Let's go!

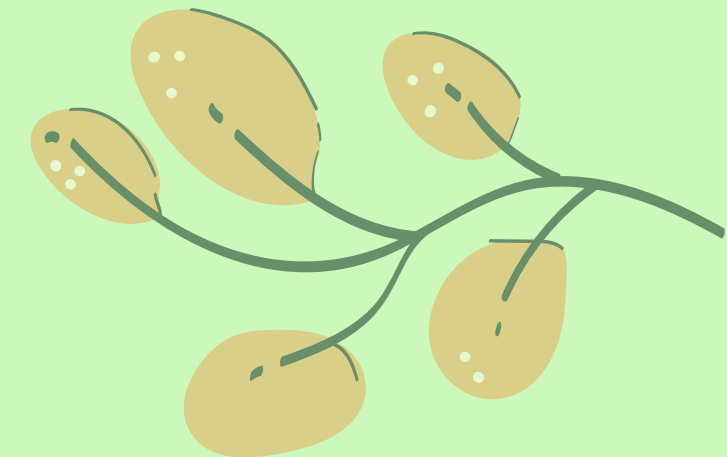





# What am I really good at...?

Here is what I wrote:

I am good at running.

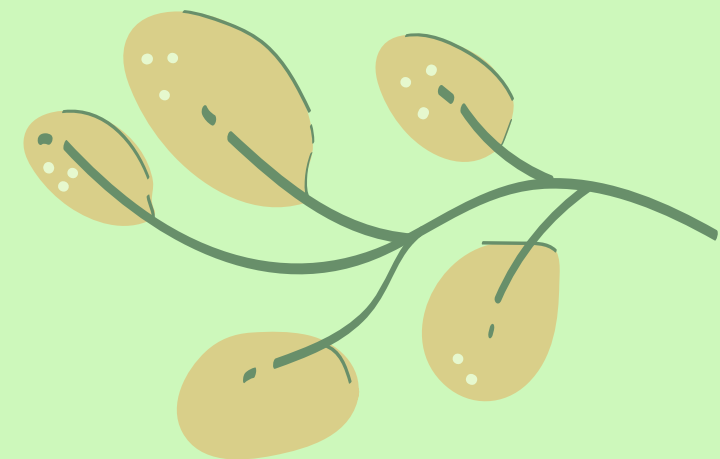




**I feel good about myself when I...?**

Here is what I wrote:

**I feel good about myself when I am kind.**





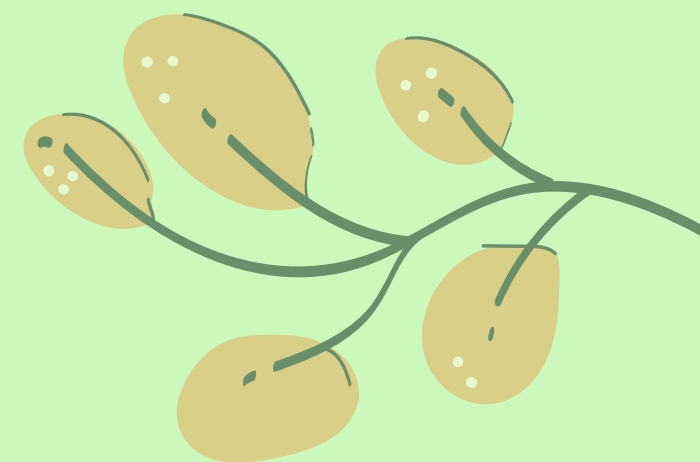
Show a trusted adult what you have written!





Well done!

Have a good day!



# WORRIED? NEED TO TALK?

Call Childline on  
0800 1111



**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

It's free, you don't have to tell  
us your name – and we're  
here to talk all day and night,  
whatever your worry.

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