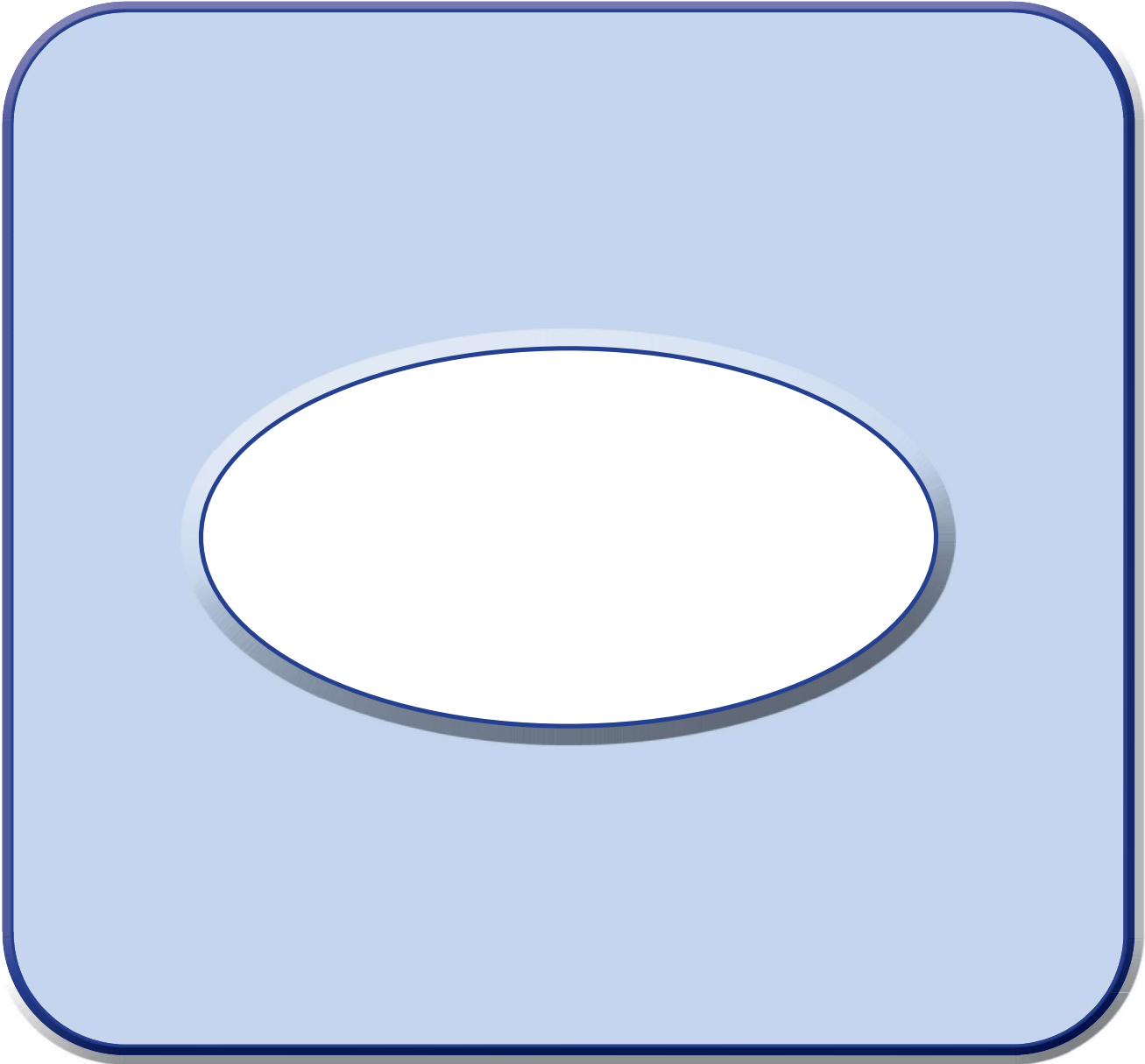


GOOD TO BE ME!

Accepting ourselves just as we are is really important for our well-being. Nobody is perfect - we are all a mix of good parts and not-so-good parts! We need to notice and remind ourselves of all the good parts - sometimes we focus too much on the not-so-good parts! We can ask other people to tell us what they think some of our good parts are - we might be surprised to find out! Write and decorate your name in the oval below and ask people in your family to write ten or more positive words about you around it. They can choose from the list below or use other words. Look at this page whenever you need a reminder that it's good to be you!



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