

Activity: Best of me cards

Best of me cards are something we can use to help us remember the great things about who we are. They are especially helpful when we're feeling down because they help us to focus on the things we're good at.

It's not always easy to think and say good things about ourselves, but practising saying good things about ourselves can help us to...

- Get better at solving problems
- Feel better about ourselves
- Remember our strengths (the things we're good at)
- Be kinder to ourselves and look after ourselves better

If you'd like to practise saying good things about yourself, pick one of the best of me cards below and find a grown up to help you cut it out. Then choose a time of day to say it (like when you first get out of bed in the morning).

Practise saying the words on this card to yourself every day for a week, and then choose another card for the next week. If you think up more great things to say, you could even create your own.

I believe in me

I am kind

I am proud

I am creative

I am brave

I am strong