

What Helps Me to Feel Good About Myself?

There are lots of ways we can look after ourselves and do things that make us feel good. Here are some sentence starters to help you begin thinking about what helps you to feel good about yourself. When you have completed these sentences, you could keep the sheet in your bag or in your room so you can use them whenever you would like.

I am grateful for...

My body feels energised when...

My brain feels calm and in control when...

I feel relaxed and at ease when...

I feel proud of myself when...

I sleep best when...

I am able to concentrate the most when...

I feel ready to learn when...

I am my bravest when...

I am happiest when...

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When I Feel Good About Myself

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