

5 DAY ELSA SUPPORT

'Kindness to yourself' challenge

Drawing or writing task -

Compliments - Compliment yourself!

Talking or doing task -

Think about all the things you do today that you deserve a compliment for!

Day 1

Drawing or writing task -

Forgiveness - Write about a mistake you did today. What did you learn from it?

Talking or doing task -

Any mistakes you make today, learn from them and move on. It is ok you can forgive yourself.

Day 2

Drawing or writing task -

I am special - think about all the things that make you special. Write a list and keep adding to it!

Talking or doing task -

Make a 'I am special jar' add everything you think of that makes you special. Add them to the jar and keep reading them!

Day 3

Drawing or writing task -

What went well? - Make a diary entry on what went well today

Talking or doing task -

Make your own diary using a writing book or use the computer. Decorate the front page with pictures of you.

Day 4

Drawing or writing task -

Affirmations - Read about what an affirmation means and then make one of your own. Decorate it!

Talking or doing task -

Look in a mirror and say the affirmation to yourself. Do you believe it?

Day 5



This is a picture of
me!

Day 1

These are the
compliments I can give
to myself

1.

2.

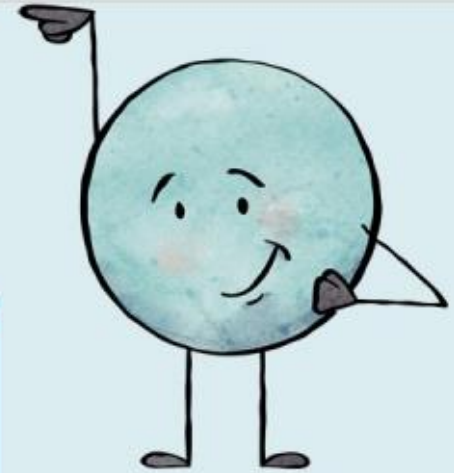
3.

4.

5.

This is what I think is special about me!

Day 3



This is what other people think is special about me



What went well today?

Day 4



Time	What went well	How it made me feel

What is an affirmation?

Day 5

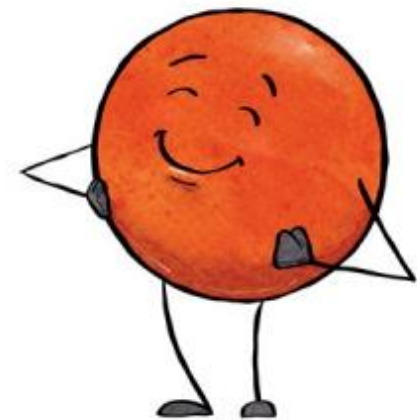
The word affirm means to 'state something that is true'. Affirmations are simple but positive messages.

When you repeat the affirmation to yourself a lot you will really begin to believe it!

It will help you become more positive.

Examples of affirmations can be 'I am' messages such as:

- I am kind
- I am helpful
- I am caring
- I am strong
- I am brave
- I am friendly
- I am adventurous
- I am affectionate



My affirmation

Day 5



ARTISTIC

CONFIDENT

BRAVE

KIND

STRONG

CARING

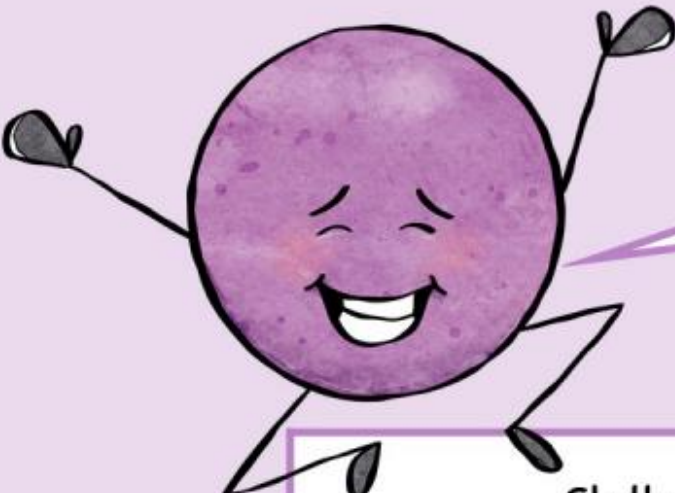
A large, empty rectangular box with a hand-drawn orange border, intended for writing an affirmation.

CREATIVE


HELPFUL

SPORTY





Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



CONGRATULATIONS

On completing the Elsa support
'Kindness to yourself' challenge

Signed: _____

Date: _____