

# 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.**

A mistake I made  
today

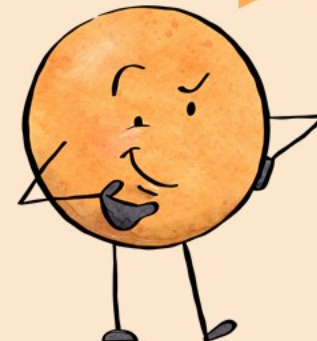
# Day 2

What I learnt from my  
mistake

What happened?



I can forgive myself for any  
mistakes I make. I can move on  
and learn from them!

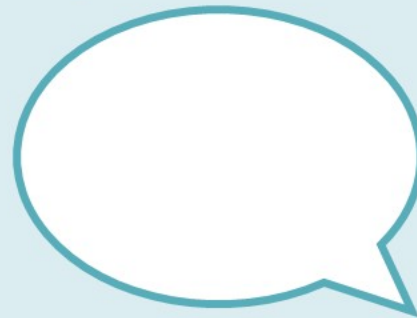
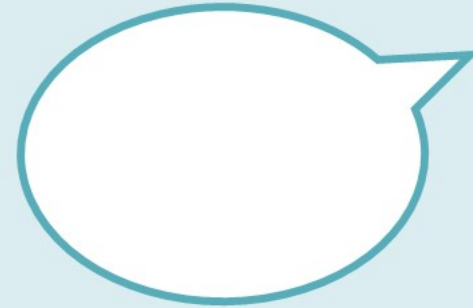
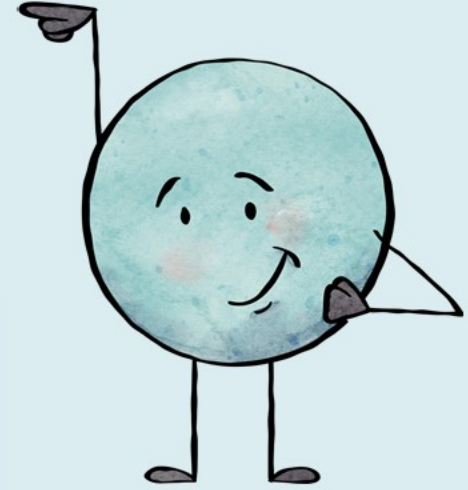




This is what I think is  
special about me!

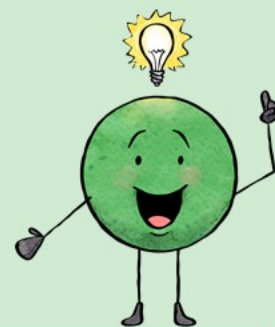
# Day 3

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

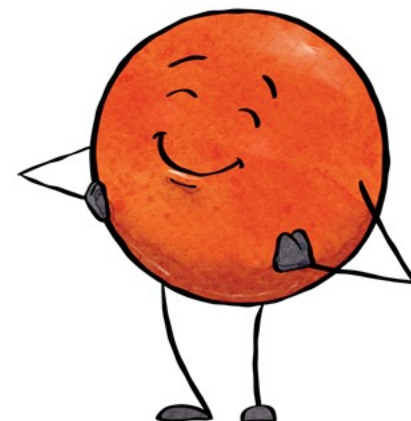
The word affirm means to 'state something that is true'. Affirmations are simple but positive messages.

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

It will help you become more positive.

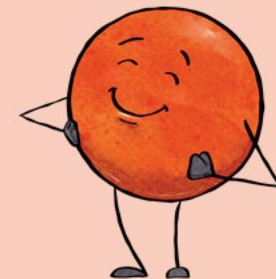
Examples of affirmations can be 'I am' messages such as:

- 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

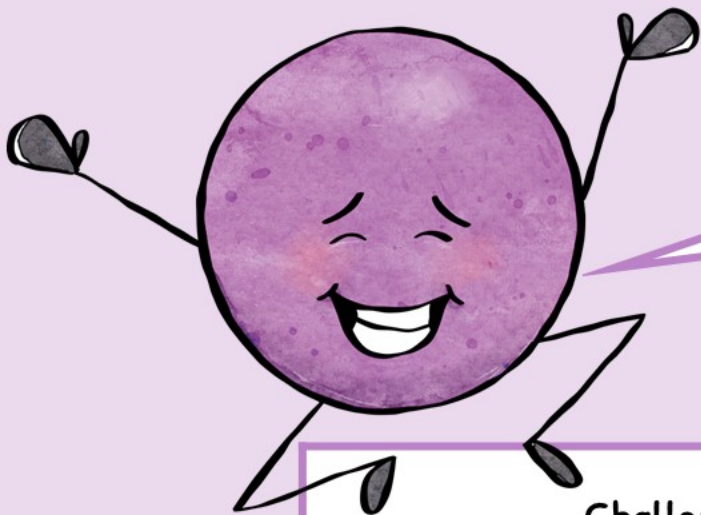
CARING

CREATIVE

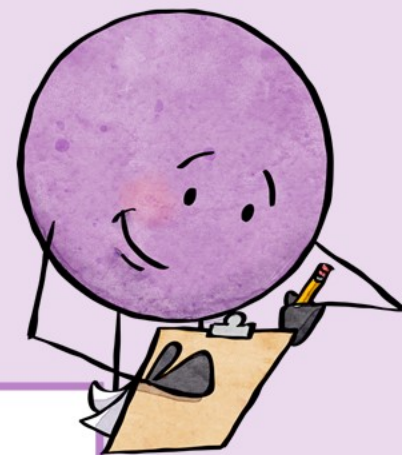
HELPFUL

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: \_\_\_\_\_