

HAPPY SCHOOLS

What's Good About Me?

Fill in each of these boxes to show what's good about you. If you need more room, write beside the boxes – or write them out on a separate sheet:

I can

I am well known for

I'm great at

What's Good About Me?

People say I

I never

I always

I am aiming for the sky! I've got lots to learn. Now I want to learn:

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What's Good About Me?

Fill in each of these sentences to show what you do best:

1. At school I am good at _____

2. At home I am good at _____

3. My friends say the best thing about me is _____

4. My parents say the best thing about me is _____

Draw a picture which shows you at your best. You might be doing a sport, playing an instrument or learning in class. Remember we are all good at different things.



If you could choose only THREE words to describe yourself, which words would you choose?

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What's Good About Me?

Student Worksheet

How to stand tall - being strong on the *outside* too

So someone is giving you a hard time? You need to be strong on the inside, and then build an outside to match! Think some strong thoughts, then add a tough coating around yourself.

Colour in the ideas that will help you to be strong on the outside:

Doing what the bully tells you to do	Walking calmly away from the person	Calling the person names
Chewing your fingernails	Hiding behind a friend	Relaxing your shoulders
Standing up straight	Starting to cry	

You can use your voice to make yourself strong on the outside too.

What sort of voice would tell a bully you are scared of them?

What sort of voice would tell a bully you are not afraid, and you are not going to put up with being bullied?

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Practise using a strong voice with a partner. Remember to think strong thoughts as you say each one.

Try these:

'Don't pick on me. It's not OK, and I won't let you do it.'

'You can't treat people like that. Do it again and I'll tell the teacher.'

'Your behaviour. Your choice.'

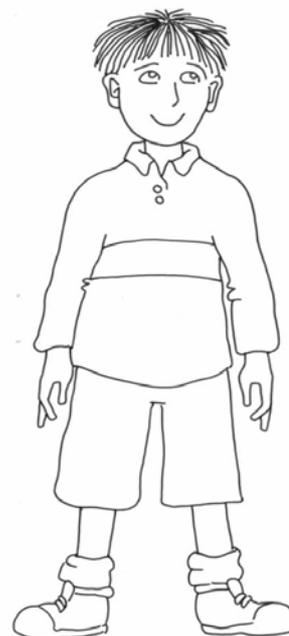
Remember!

It is not worth getting into an argument with a bully. Don't call them names. Don't tease them back. Just say what you think, then move away. Find some friends to back you up, and spend some time with them for a while.

One of the most important parts of standing tall is to use your body well. Your body gives people messages even when you don't say anything at all.

Some of the keys to using strong body language are to ***stand tall, relax your shoulders, don't fiddle or jiggle, and lift your head up.***

But most of all, **think strong!**



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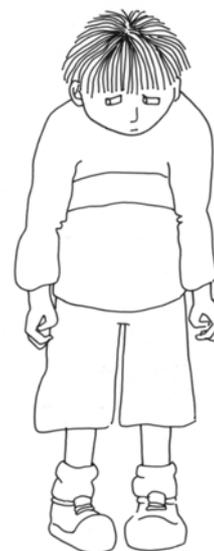
What's Good About Me?

Student Worksheet How to stand tall – strong body language

Look at each of these pictures. What sort of message is the person giving? Draw a picture to show how each person could stand tall by using strong body language. Write what the person should do.

What do you notice about the way he looks?

What should he do to 'stand tall'?



What do you notice about the way she looks?

What should she do to 'stand tall'?
