

Superhero

A List of Smiles



A brilliant thing to do is write down a list of things that make you happy. It could be anything: playing tennis, eating strawberries and cream, listening to your favourite singer. Everyone's list will be different.

Write down as many things as you can on your list and add pictures, colours, photos – whatever you want to make it look great. You can carry your list around with you or keep it somewhere safe at home.

Use your list whenever you get emotions that you don't want, such as sadness, worry or anger. All you have to do is think about the things on your list. Happy thoughts mean a happier person – simple as that.

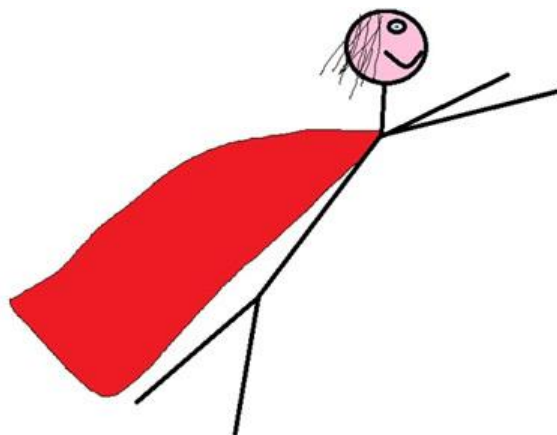
Of course, as well as using your list, you could always talk to people on your helping hand if you feel bad or unsafe.

Qualities

Everyone is different and everyone has special qualities that they can be proud of. It is like everyone is a superhero, each with their own powers.

What sort of superhero are you? Draw yourself as a superhero and on your outfit write down any of the qualities on the list below that you think you have.

- Trustworthy
- Enthusiastic
- Helpful
- Creative
- Friendly
- Cheerful
- Responsible
- Organised
- Determined
- Easy going
- Quick thinking



- Loyal
- Brave
- Thoughtful
- Polite
- Fun
- Confident