

OTR

A large teal circle is centered on the page. Inside the circle is a yellow lightning bolt with a white outline, pointing downwards. A dotted white line forms a circle around the lightning bolt. The word "SHAMELESS" is written in bold, black, uppercase letters across the lightning bolt.

SHAMELESS

A yellow background with a diagonal striped pattern in the bottom-left corner.

***SELF CARE RESOURCE:
POSITIVITY BOOK***

BEING POSITIVE

***WE UNDERSTAND THAT BEING POSITIVE IS
DEFINITELY EASIER SAID THAN DONE.***

***HOWEVER, SOMETIMES IT REALLY PAYS OFF TO
SPEND SOME TIME CELEBRATING OURSELVES,
OUR QUALITIES AND OUR STRENGTHS.***

***THIS WORKBOOK IS GOING TO TAKE YOU
THROUGH A FEW DIFFERENT ACTIVITIES TO
SPARK SOME POSITIVITY WITHIN YOU!***

***FEEL FREE TO COMPLETE THEM AT WHATEVER
PACE SUITS YOU!***



MAKE A PROMISE TO YOURSELF

Think about an area of your physical appearance which you don't often like or appreciate.

We are going to try making a promise to ourselves to be kinder to ourselves.

See the example below and then try out your own on the next page!



From now on I will try to _____

love and appreciate my ears

even if I have been bullied about them before



This is important to me because _____

They mean I am able to listen to my favourite music



How will I keep this promise:

I will try and challenge negative thoughts that I have about

my ears

Signed: CG _____

Date: 01/04/2020 _____

MAKE A PROMISE TO YOURSELF



From now on I will try to _____

even if _____



This is important to me because _____



How will I keep this promise:

Signed: _____

Date: _____



REASONS I DESERVE A HIGH FIVE

Have a think about any thing you've done lately which deserves a bit of recognition. This could be big or small!

You can try completing all the circles now- or do one a day!

1

2

3

4

5

FEELING THANKFUL

Practicing gratitude is super important for positive wellbeing. The next activity is asking you to think about areas of your body you are thankful for. The first is about your brain, but you can choose what to focus on for the rest!

I'M THANKFUL FOR MY BRAIN BECAUSE IT KNOWS HOW TO...



I'M THANKFUL FOR MY...



I'M THANKFUL FOR MY...



I'M THANKFUL FOR MY...



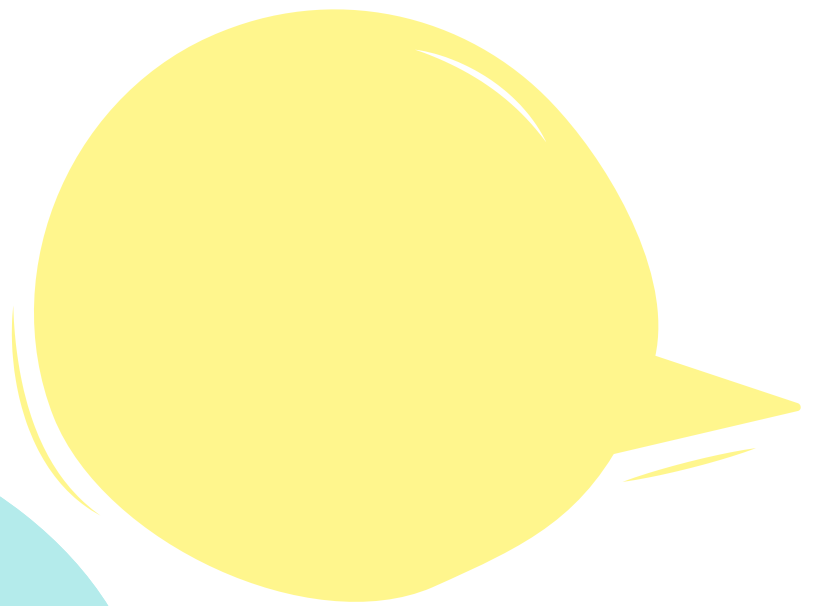
NICE THINGS PEOPLE* HAVE SAID ABOUT ME...

sometimes when we are feeling rubbish about ourselves it can be helpful to remember and look back on times when people have been positive about us.

try writing some positive things below!



* People can be anyone!
Friends, teachers, family,
people you don't know



You're amazing!

FEEL SOMETHING OTHER THAN ATTRACTIVE

Maybe you've just looked in the mirror and you're not feeling that happy with what you see, it's fine to feel this sometimes!

It's okay if you didn't feel attractive today, let's choose to feel something instead...

What are you feeling today?

(Circle what you're feeling)

CREATIVE

PASSIONATE

STRONG

FRIENDLY

LOVING

POWERFUL

FUNNY

BRAVE

CALM

CONFIDENT

ADVENTUROUS

Or write some of your own down...

TODAY I'M FEELING.....

How are you going to act out your feeling?

Where I go
today:

Who you spend
time with:

What activities I
do:

What I'm going to
wear:

What I'm going to
avoid:

MESSAGE IN THE SKY!

WRITE YOURSELF A MANTRA!
MAKE YOU SMILE
IF YOU SAW IT
SOMETHING THAT WOULD MAKE IT