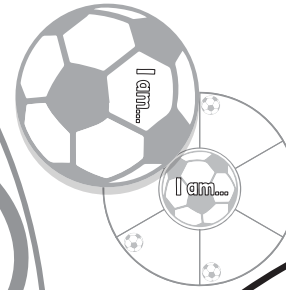
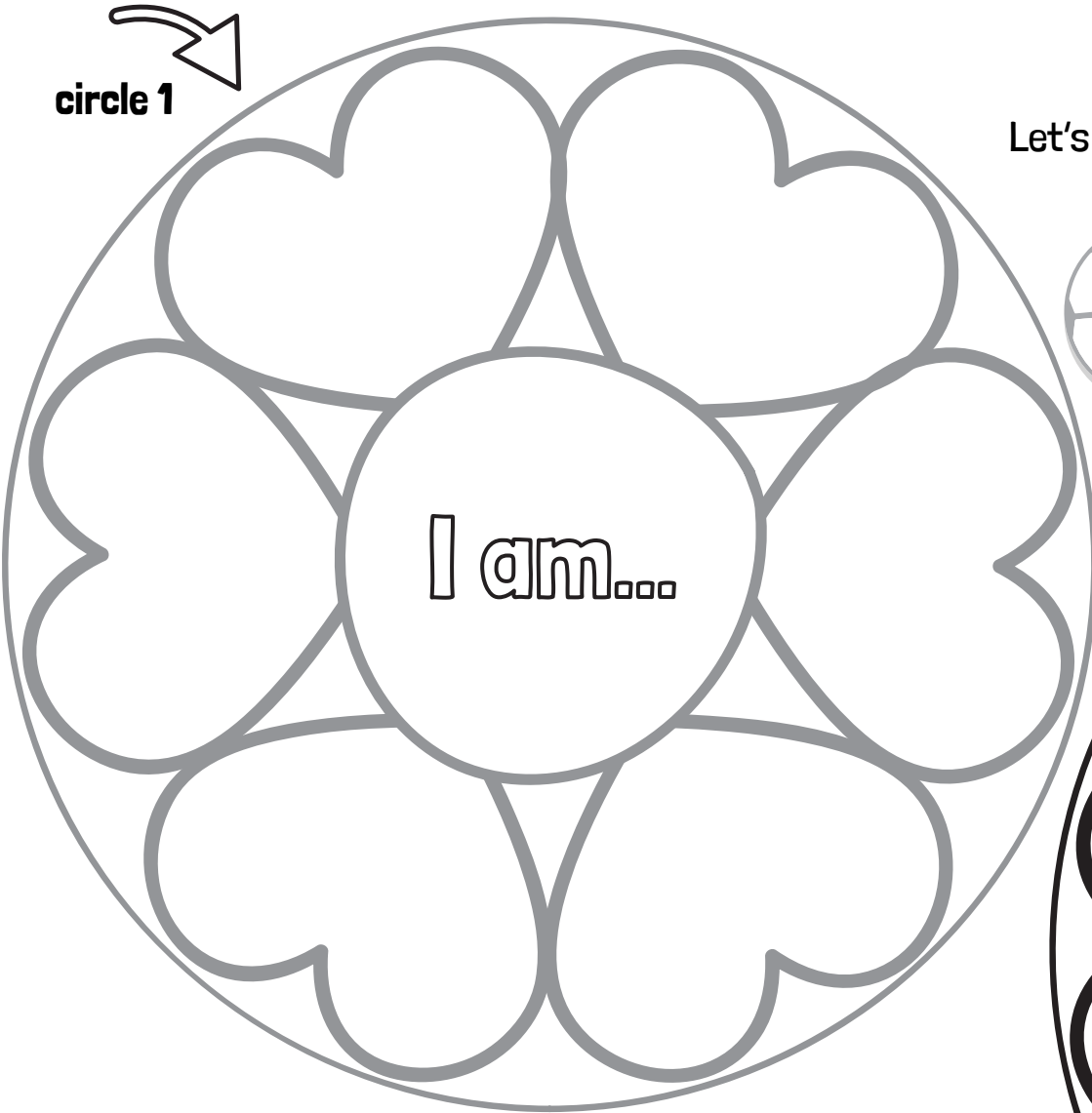


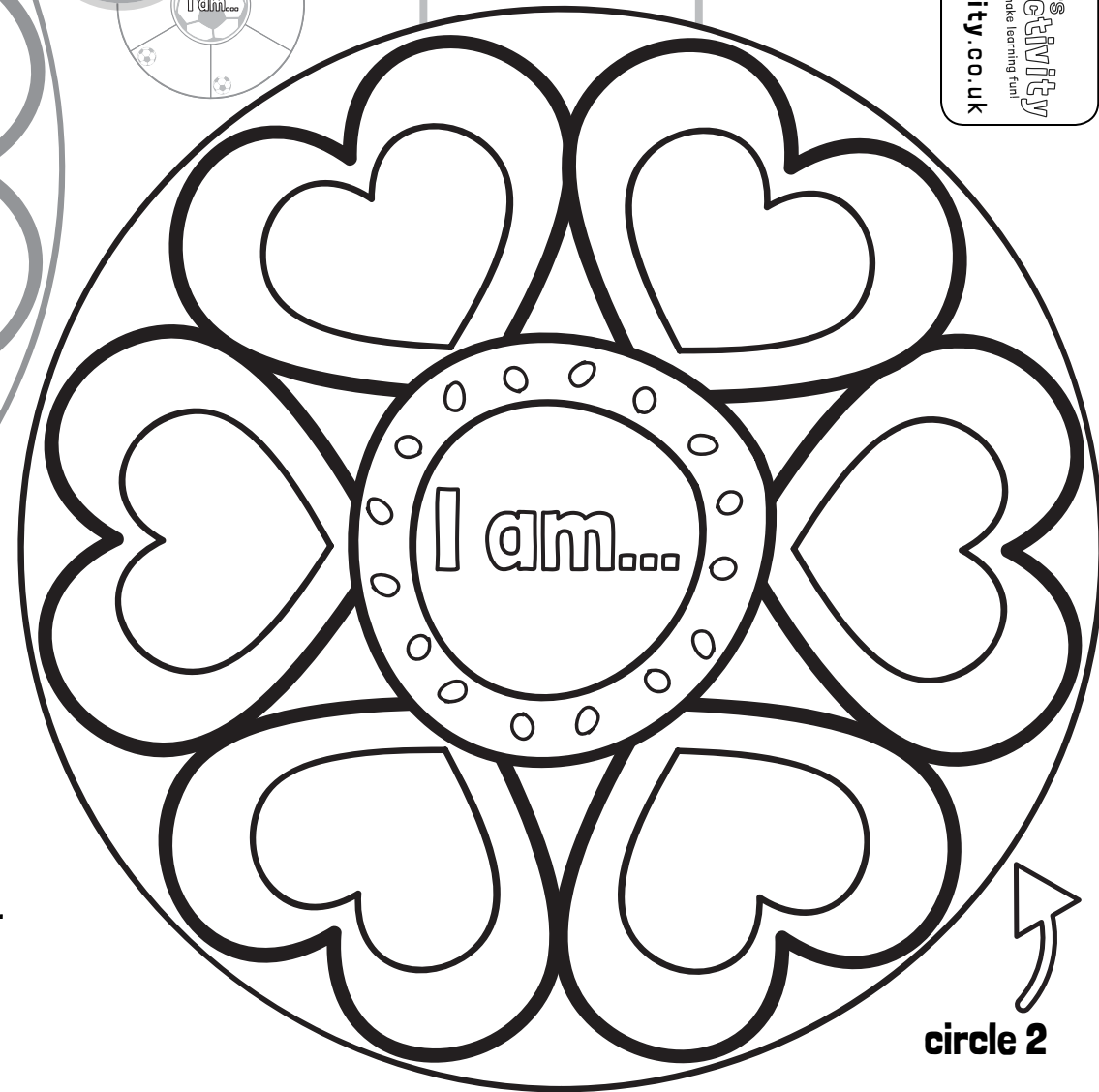
Self Esteem Booster

Let's make our own special 'Boosters' – you can look at these whenever you feel like you need cheering up or feel stuck on something.

circle 1



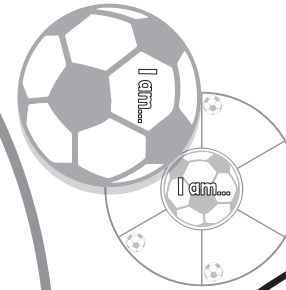
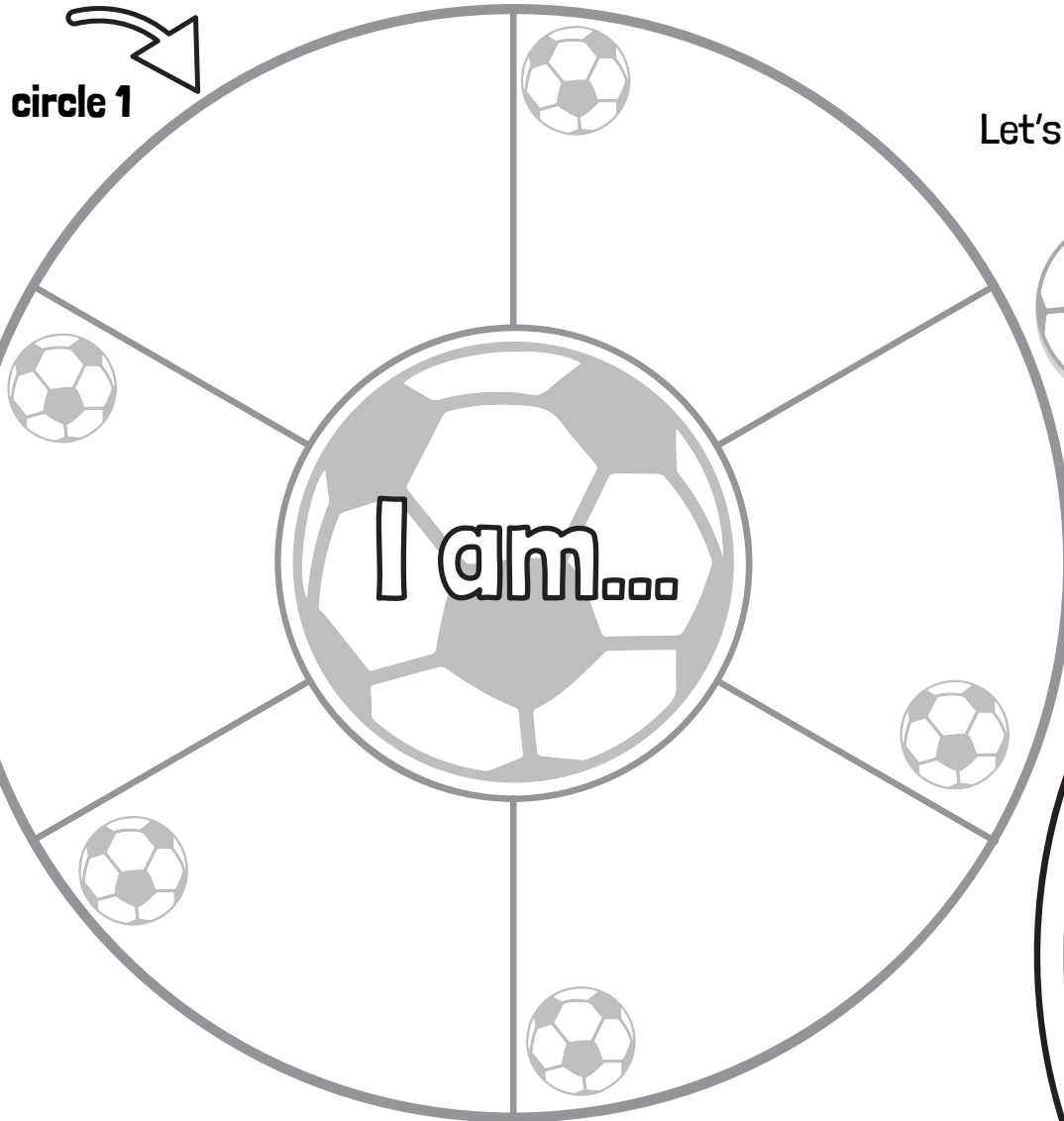
- ✓ Cut out both shapes on this page.
- ✓ Colour them in and decorate them with your favourite colours and patterns. Bend the tab on the circle 2 and attach to circle 1.
- ✓ Write in each petal something special, good or unique about yourself or what you can do.



circle 2

Self Esteem Booster

Let's make our own special 'Boosters' – you can look at these whenever you feel like you need cheering up or feel stuck on something.



- ✓ Cut out both shapes on this page.
- ✓ Colour them in and decorate them with your favourite colours and patterns. Bend the tab on the circle 2 and attach to circle 1.
- ✓ Write in each section something special, good or unique about yourself or what you can do.