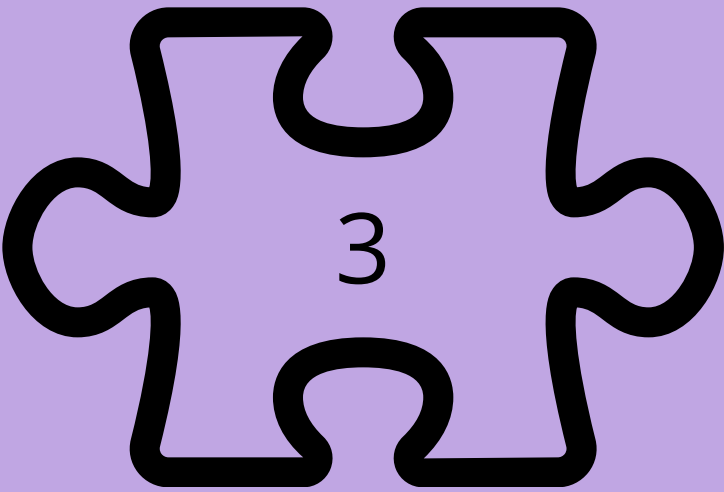


SELF-CARE

5/5/5 game



Get Set 4
Education



5/5/5

5 things I am proud of:	5 things I want to achieve:	5 things that make me feel good:
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

- Grab a piece of paper.
- Write the numbers 1-5 in three columns.
- In the first column, write five things that you are proud of e.g. learning to ride a bike. In the second column write five things that you want to achieve e.g. getting your 8 x tables down, and in the third column write five things that make you feel good e.g. dancing to music.
- Decorate your 5/5/5 paper and stick it up as a reminder to help you to focus, to feel good about yourself and to remember the things you have achieved.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @GetSet4Ed

www.getset4education.co.uk

