

Year 8

This term we have been learning about self-esteem, confidence and body image. For your self-study this week. Think about the lovely comments your peers wrote about you last week.

Bronze - Complete the grid with 5 bullet points of your strengths

Silver - Complete the grid with your strengths and weaknesses (as many as you can)

Gold - Complete the grid with your strengths, weaknesses (as many as you can) and ideas about how you can improve your weaknesses.

<p>My Strengths 😊 Things I am good at Things I like about myself</p>

My Weaknesses Things I could do better Things I'd like to change	Actions What could I do to improve on my weaknesses?