

I LOVE ME

Let's take a little bit of time for some self-love.
Sometimes we can be our hardest critics.

Step One: Using a pencil, draw the outline of your features (eyes, nose, hair... etc.) on this self-portrait.

Step Two: Outline your features in a black marker

Step Three: Colour each section of the head with a different colour

Step Four: Using the list below, write a quality about yourself in each section.

Section A: A sport or movement that you're good at.

Section B: A subject that you feel strong in

Section C: A quality that you like about your appearance

Section D: A positive word to describe yourself

Section E: A hobby that you're proud of

Section F: A time that you felt proud

Section G: A kind word that a friend would use to describe you

Section H: Your strongest feature



