

# WEEK 7 Page Project



Look back at all you've done so far. It can be during this SUPERPOWER Me programme, or this recent lockdown or the whole of lockdown..

Design a 'Confidence Shop' which will contain all of the great adventures you have had, all the new things you have learnt about yourself and the people you have been living with. Pick items that represent those adventures and events and show how you feel about it.

You can draw, write or collage items you have picked up from the confidence shop..

The confidence shop is the place in you where you store of all your confident feelings. So, for example, if we use this Superpower Me programme your shop would be full of your skills, talents and strengths words and activities. It will have your superhero character (so maybe a clothing section for all your characters costumes), your affirmations, maybe a music section storing all your favourite music you created to and a deli counter with your pizza. The possibilities are as big as your imagination.

Then I want you to take a trolley and go shopping to pick out your favourite things. The things that made you feel the best, for example:

- 3 of your favourite affirmations
- Top 2 talents
- What you like best about the gift you made yourself
- What thing makes you smile the most from your smile page?
- Which was your favourite picture you made from music week?
- Did you have a favourite song?
- Have you learnt anything new about yourself?

**TASK:** - Ask someone about their week and help them to reflect on it.