

Week 12 - Final reflection

WELL DONE!!!

You have finished. This week is all about reflecting on what you have done over the past 12 weeks.

Week 1 You created your journals. How did you feel when they were empty at the beginning? What do they look like now?

Week 2 You created pizzas and pizza shops; how did it feel listing all the things about you for the topping?

Week 3 You made yourself into a superhero. What is your superpower? What is your favourite affirmation?

Week 4 You learned about selfcare. What did you gift yourself? Have you given yourself a gift since?

Week 5 You learned a new skill. What have you learned since then?

Week 6 You painted to music. Which was your favourite?

Week 7 You thought about reflection. What was in your confidence shop?

Week 8 You wrote stories and comics. Have you written anymore since? How do you feel when thinking about emotions?

Week 9 You made yourself Self Care boxes. Is it full of treasure now? Have you used your care coupons?

Week 10 You finished all those sentences. How did you feel finding pictures to represent your answers?

Week 11 You care-shared and made the people around you smile. How did it make you feel?

Week 12 You're here! What has been your favourite thing?



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