

# FACT OR OPINION

## \*SELF CONFIDENCE\*

It can be hard to ignore insults, opinions, and things others say to upset or annoy you. But possessing self confidence and knowing what makes you special can help. Colour all the qualities you possess.

funny

great memory

good with money

understanding

great reader

helpful

brilliant at maths

caring

musical

listen to others ideas

stylish

sporty

stylish

fit

forgiving

clever

patience

friendly

good at giving instructions

brave

encouraging

problem solver

artist

**CAN YOU FILL IN THE BLANKS WITH SOME MORE QUALITIES YOU POSSESS? COLOUR THEM.**

## **\*Remember\***

Opinions hold no weight. They are not facts. And while it can be difficult, if an opinion upsets you or makes you emotional, try your best to ignore it and remember:

who you are!

What makes you special!

And the qualities you possess!

**DRAW YOUR TOP 3 QUALITIES**

**1**

**2**

**3**