**Year 5 Mindfulness – wc 08.06.20**

This week I thought you could have a go at answering some questions to help you think about how fantastic you all are.

**Good Times and Personal Characteristics**

Work through the questions below. You might want to draw your answers.

1. What is your favourite place?

2. Where do you like to go with your friends and family?

3. Where do you feel safest?

4. Where do you go to relax?

5. Have you got a special moment in your life you remember?

6. Can you remember a school trip you enjoyed?

7. What do you like to do at weekends?

8. How would the person that knows/loves you the best describe you?

9. What do your friends like about you?

10. When was the last time you helped someone?

11. Is there anyone you look after or help look after?

12. What do you like best about yourself?

Now share your answers with someone. Could you be more positive about yourself?