

BIG STAR!

This is about you and the star you already are

Many people just don't realize how many abilities they have. You are born with all the abilities you will ever need inside you. When we try something new or are faced with a challenge, these abilities have a chance to be tried out. Just trying them out means that you get feedback about them and you can use this feedback to further improve these abilities. Abilities that come from inside you are called strengths. You have many strengths.

Just being here now, being aware of the sounds around you and the things you can see and feel in the room means you are using your strengths. You can take your strengths for granted. But inside you, your skills and abilities are waiting. Just having them there inside means you are already a star. When you use them, you are even more aware that you have them. You are going to be noticing them even more, right now.

Being a star = trying new things or solving problems using your abilities. Think about and write or draw how:

You have been a star in the past few weeks

You have been a star in the last few months

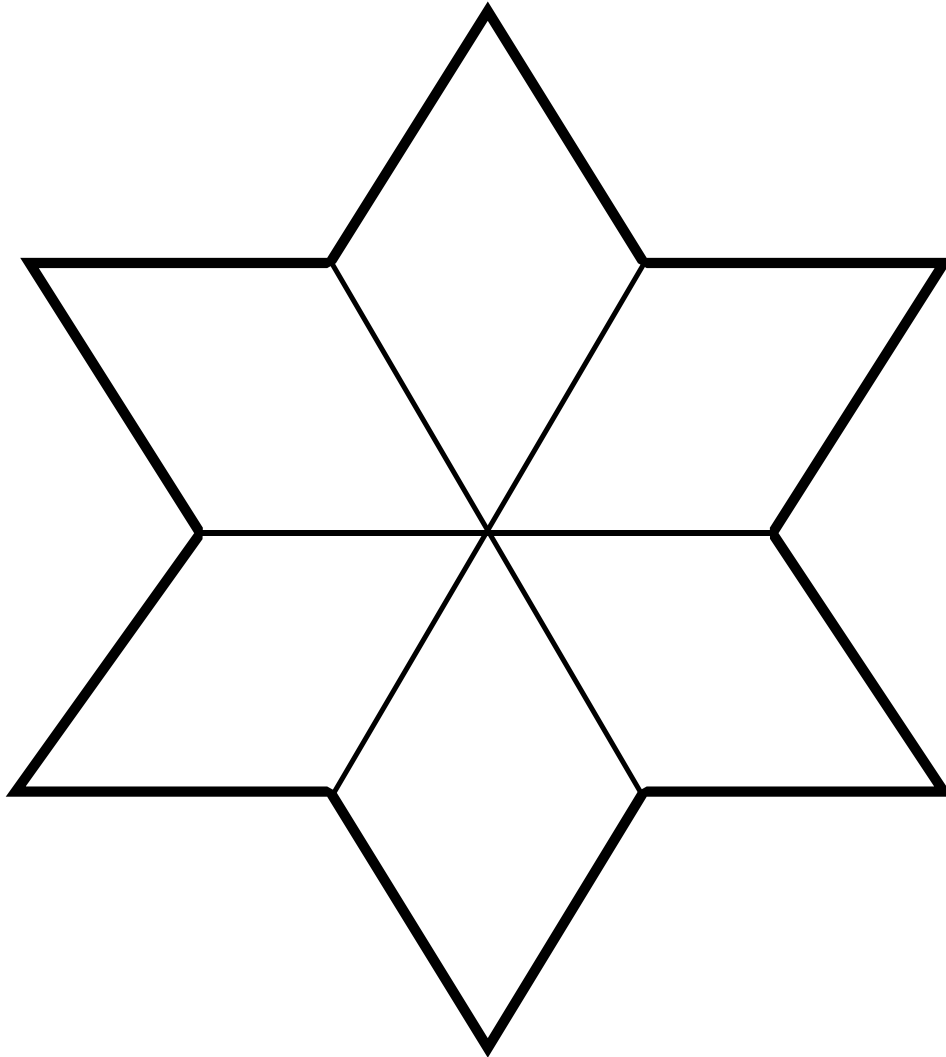
You have been a star in recent years

You are a star right now

You will continue to be a star in the future

You have an ability that few people are aware of

Now pick your favourite ability from each of the boxes on sheets 1–4. Then write or draw each ability you have chosen inside the points of the star below.



- Colour in your star so it shines brightly with your star features.
- Cut out your star and stick it or hang it somewhere where you will see it every morning and every evening.
- Whenever you feel that things are difficult in your life, go and spend time with your star to remind you who you really are – you're a big star!