



My Self-Praise Jar

In this jar you can keep all your own special qualities and talents in one place. The purpose of the jar is to celebrate all your qualities and talents so you can look at them regularly and remind yourself of how special you are! There are some statements below which have been started but need finishing by you. Try and think positively about yourself when you complete the statements. If you find this difficult then maybe your family can help you. The jar you use to keep your self-praise slips in needs to be something special to you. You can use a jam jar, coffee jar or a large glass storage jar. However, the jar needs to be made special and attractive to you. Take your time decorating your jar and then put your self-praise slips into it. Once you have completed your jar, try to look at your jar every day for a few minutes and read the self-praise slips again.

My special talent is

I am really good at

My teacher would say I am

My best friend would say I am

I have worked really hard to be better at

I am working hard to be