

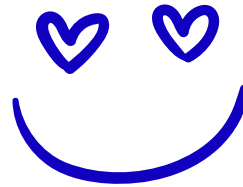
# Self-Love Activities

## Why is self-love important?

Self-love means loving yourself for who you are. Loving yourself helps you to develop greater resilience and confidence, enabling you to feel more happy and positive. It can also help you to feel valued and empowered, reducing stress and improving low mood.

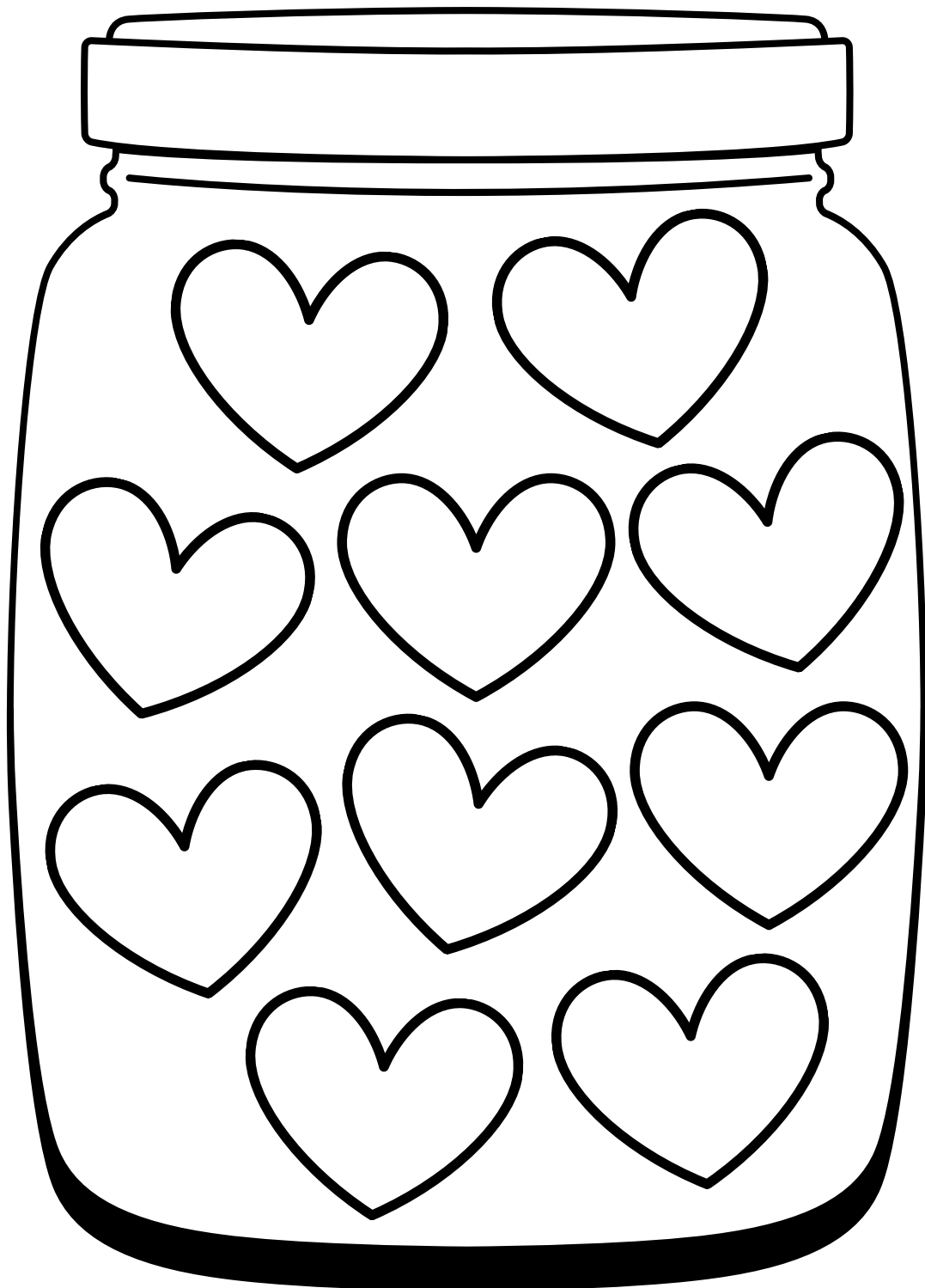
These self-love activities can help you to focus on the things that you love about yourself. You can come back to them whenever you need a reminder of how great you are!

- Jar of self-love
- Affirmation rosettes
- Mirror, mirror...



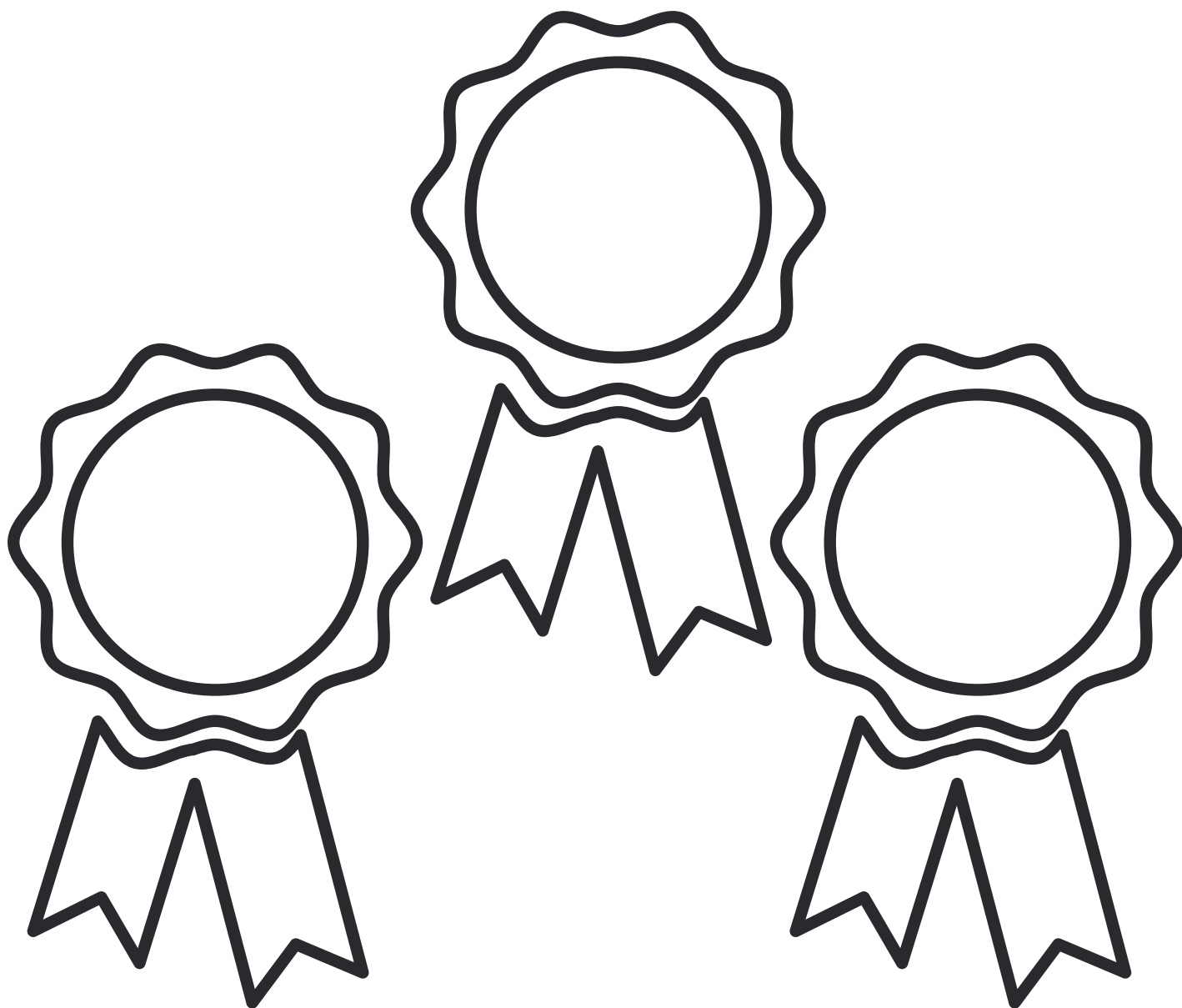
## Jar of Self-Love

Fill this jar with all your favourite things about yourself. If you're feeling creative, you could even fill a real jar or cup with small pieces of paper that say things you love about YOU!



## Affirmation Rosettes

Using this template or by drawing your own, think about some things you are great at and make yourself some rosettes! For example, maybe you are really kind, or maybe you're really good at football! If you prefer, you could draw medals or trophies instead.



If you enjoy arts and crafts, you could try making your own rosettes using paper, felt, fabric, ribbon, sequins and any other supplies you can find. You could even recycle old cardboard and bottle tops!

## Mirror, Mirror...

What do you see/think/feel when you look in the mirror? Write or draw as many things as you can. For example, you might write "I love my smile". Cross out any negative thoughts and write the opposite statement instead, then repeat the positive ones out loud.

