

5-Day SELF-LOVE challenge

To complete this challenge, choose a challenge buddy and go through activities together. Once you complete each activity, put a tick next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

-  Day 1 I can build my self-love every day
-  Day 2 Rays of sun
-  Day 3 My heart map
-  Day 4 You are amazing!
-  Day 5 What I love about me

I CAN BUILD MY SELF-LOVE each day

1
thing I love
about myself:

2
fun things
about me:



3 ways I show kindness to others:

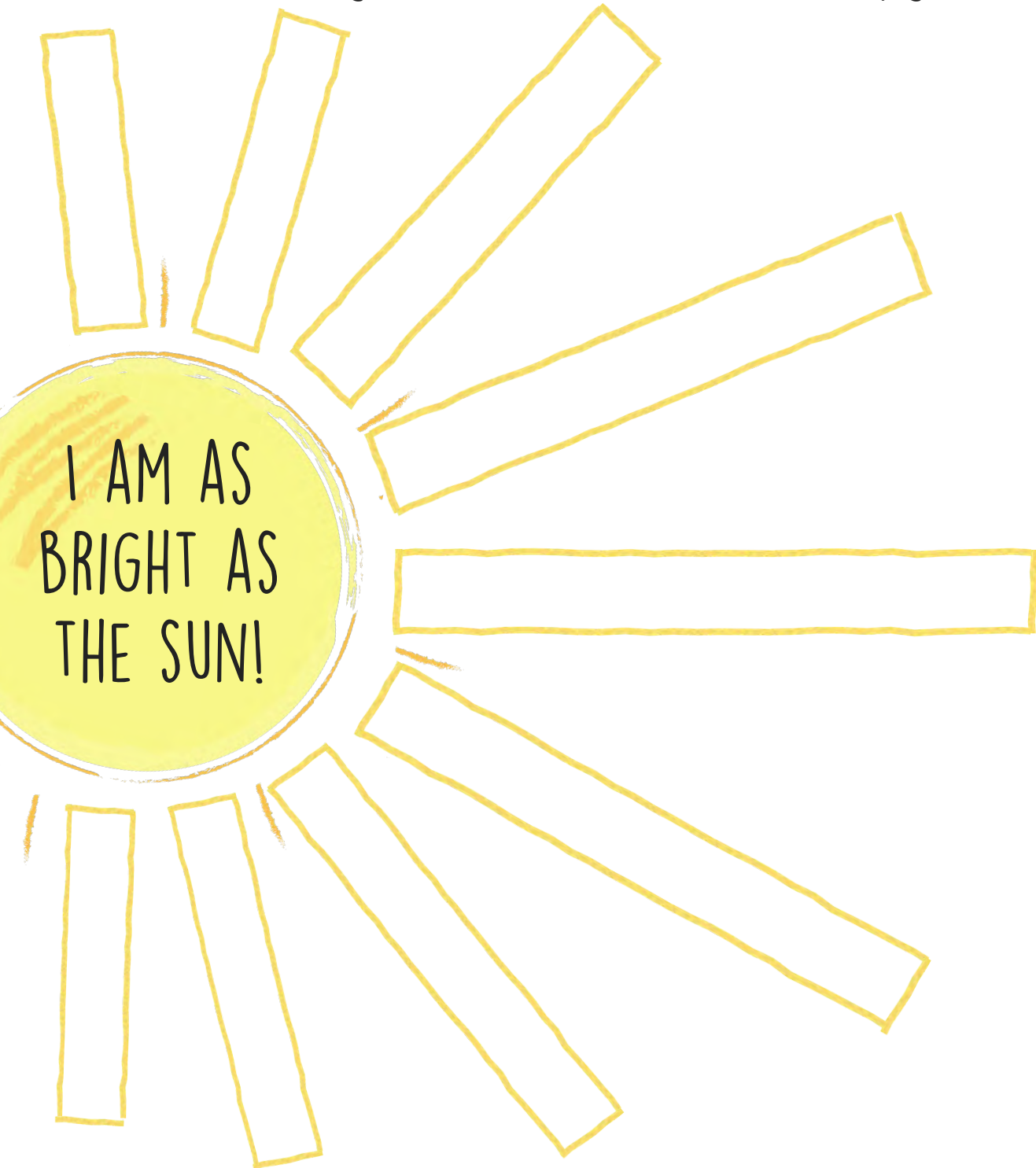
4 positive qualities I have:

5 things I did well this week:

Rays of sun

AFFIRMATIONS

You are as bright as the SUN! Affirmations remind us of who we are and help us feel happy and confident. Create your own affirmations in the rays below or use the next sheet to help you!



Rays of sun

AFFIRMATIONS

Colour and cut the affirmation rays below and glue them on your sun!

I am kind.

I am loved.

I am strong.

I am helpful.

I am a leader.

I choose my attitude.

I am proud of myself.

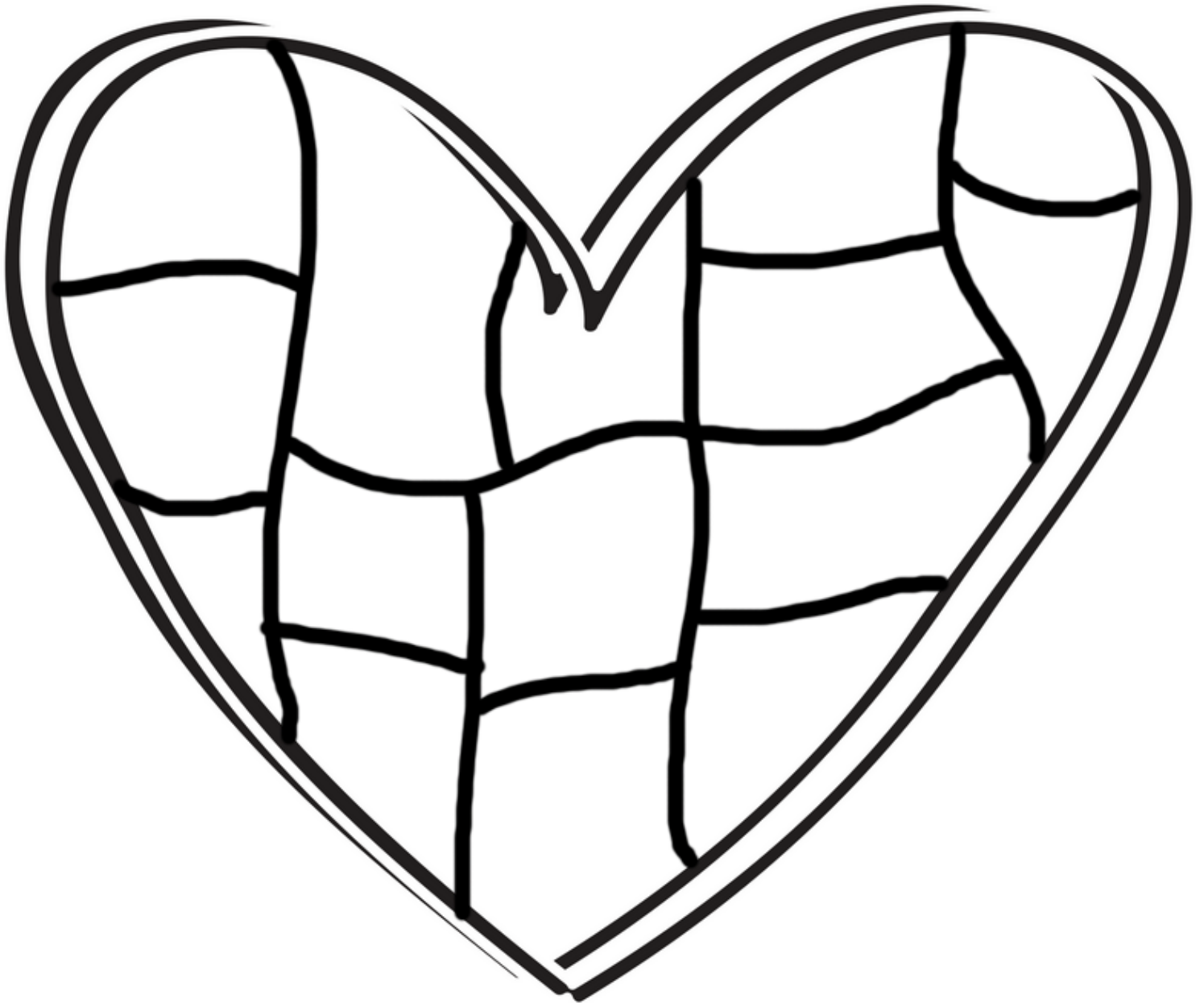
I reach for the stars.



Day 3

My Heart Map

You have a BIG heart! Draw pictures or write down some of the people, places or things close to your heart!



You are amazing!

Create your own affirmations by following the three steps below.

1 Start with...
I or You

2 Then choose...
am
or
are

3 End with...
kind helpful
grateful optimistic
resilient compassionate
brave insightful
loved fearless
creative capable
determined hardworking

Write down four affirmations about yourself. Write one about someone else!

1. _____
2. _____
3. _____
4. _____
5. _____

What I love

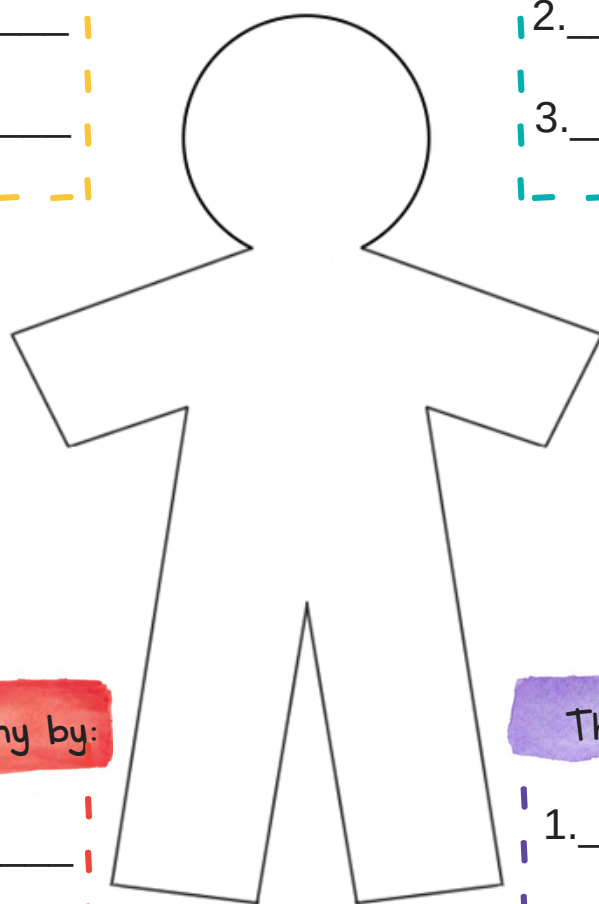
about me!

What I love about my body:

1. _____
2. _____
3. _____

What is unique about me:

1. _____
2. _____
3. _____



I stay strong and healthy by:

1. _____
2. _____
3. _____

Things my body can do:

1. _____
2. _____
3. _____