

Get Fanatical - Levels C and D

WRITTEN

To help students celebrate themselves by writing a PAL Letter (Proud, Admire, Love), encouraging self-reflection, building positive self-esteem, and creating a personal keepsake they can revisit in challenging times.



Learning Intentions

Students aim to explore why self-reflection and self-appreciation are important for themselves and others.

• • • • • **Positive Self-Esteem:**

Students aim to write about qualities they are proud of, admire, and love in themselves.

Emotional Resilience:

Students aim to reflect honestly on their strengths to help them feel confident during tough times.

Personal Growth:

Students aim to keep and revisit their PAL letter to remind themselves of how far they have come.



Success Criteria

I can complete a PAL Letter that includes what I am proud of, admire, and love about myself.

► I can reflect honestly on my qualities and write about them in detail.

I can keep my PAL Letter as a reminder of my strengths and personal growth.



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Duration: 15–20 minutes

Objective

To help students celebrate themselves by writing a **PAL Letter (Proud, Admire, Love)**, encouraging self-reflection, building positive self-esteem, and creating a personal keepsake they can revisit in challenging times.

Players

Individual activity with optional group discussion or sharing.

Materials

- Paper or notebooks
- Pencils
- (Optional) Envelopes, folders, or decorated journals to keep letters safe

Setup

1. Provide each student with writing materials and a quiet, reflective space.
2. Introduce the idea of being your own biggest fan and explain the PAL Letter.
3. Emphasise that this activity is personal, students only share their letters if they feel comfortable.

Gameplay / Activity Steps

Step 1: Write or draw your PAL Letter: Students write a letter to themselves or draw something that covers the following...

- **Proud:** Write about something you've achieved, learned, or overcome.
- **Admire:** Describe a trait, skill, or strength you admire in yourself.
- **Love:** Reflect on what you love most about who you are, your personality, resilience, creativity, kindness, humour, etc.

Step 2: Be Honest and Vulnerable

- Encourage students to write deeply and honestly.
- Remind them: *"This is for you. Be real, be proud, and be kind to yourself."*

Step 3: Keep Your PAL Letter

- Students store their letter in a safe place (journal, folder, or envelope).
- Encourage them to revisit it when life feels tough to remind themselves of their worth.

Step 4: Add to Your Letter Over Time

- Revisit the PAL Letter throughout the year and add new reflections as students grow.



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Reflection Prompts

- What did you discover about yourself while writing your PAL Letter?
- How can your PAL Letter help you during challenging times?
- Why is it important to celebrate and appreciate yourself?

Winning the Game

There are no winners. Success is when students write their PAL Letter honestly and use it as a tool for self-love, confidence, and resilience.

Variations

- **Classroom Edition:** Create a private PAL Journal where students add new reflections each term.
- **Family Edition:** Families write PAL letters together and share if they feel comfortable.
- **Creative Edition:** Students design or decorate their PAL Letter with drawings, symbols, or colours that represent their personality.

For Wheelchair Users / Accessibility

- Allow students to type their PAL Letters digitally if writing by hand is challenging.
- Provide voice-to-text options for students who prefer to speak their reflections.
- Accept drawings or symbols as alternatives to written words.

Notes for Inclusion

- Model vulnerability by sharing your own example as a teacher (e.g., "I am proud of learning new skills even when it's hard").
- Celebrate all forms of self-expression, written, spoken, drawn, or symbolic.
- Reinforce the idea that *everyone is unique, and everyone has qualities worth being proud of*.

