

Get Fanatical - Levels F-3

WRITTEN

To help students celebrate themselves by creating a PAL Letter (Proud, Admire, Love) in a simple and engaging way. Students reflect on their strengths and qualities, boosting confidence and building a personal keepsake they can revisit when they need encouragement.



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 name at least one thing I am proud of, one thing I admire, and one thing I love about myself.

I can write, draw, or tell my ideas in my PAL Letter.

I can use my PAL Letter later to remind me of my strengths.



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Duration: 10–15 minutes

Objective

To help students celebrate themselves by creating a **PAL Letter (Proud, Admire, Love)** in a simple and engaging way. Students reflect on their strengths and qualities, boosting confidence and building a personal keepsake they can revisit when they need encouragement.

Players

Individual activity with optional pair or small group sharing.

Materials

- Paper
- Pencils
- (Optional) Envelope, folder, or wall space to display letters

Setup

1. Provide each student with paper and drawing or writing materials.
2. Explain what a **PAL Letter** is: *P = Proud, A = Admire, L = Love*.
3. Give examples they understand, e.g.:
 - Proud: "I am proud I learned to ride my bike."
 - Admire: "I admire how I am kind to my friends."
 - Love: "I love that I make people laugh."

Gameplay / Activity Steps

Step 1: Proud

- Ask students to draw or write something they are proud of.
- Examples: finishing a puzzle, helping at home, being a good friend.

Step 2: Admire

- Students think of something they admire about themselves (a strength or skill).
- Examples: being creative, being kind, being good at sport or art.

Step 3: Love

- Students finish their PAL Letter by sharing something they love about themselves.
- Examples: their smile, their sense of humour, their bravery, or their caring nature.

Step 4: Decorate and Keep

- Students decorate their PAL Letter with drawings, colours, or symbols that make them happy.
- Encourage them to keep it somewhere safe, or add it to a class display of positivity.



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Reflection Prompts

- What made you feel proud while writing or drawing your PAL Letter?
- How does it feel to admire and love things about yourself?
- Why is it important to remember the good things about who you are?

Winning the Game

There are no winners. The success is when students recognise what makes them special and create a PAL Letter to remind themselves of their strengths.

Variations

- **Classroom Edition:** Create a “PAL Wall” where each student adds one positive thing about themselves.
- **Family Edition:** Families write PAL Letters together and share one special quality about each person.
- **Creative Edition:** Turn PAL Letters into posters, cards, or decorated stars to display in the classroom.

For Wheelchair Users / Accessibility

- Allow students to draw or use stickers instead of writing if preferred.
- Provide digital options or voice-to-text tools for students who find writing tricky.
- Ensure displayed letters are placed at a height accessible to everyone.

Notes for Inclusion

- Accept all forms of expression, drawings, words, symbols, or spoken contributions.
- Offer sentence starters like: “I am proud of...”, “I admire that I...”, “I love that I...” for extra support.
- Celebrate each student’s PAL Letter as unique, reinforcing the idea that *everyone has strengths to be proud of.*

