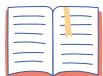


Three Things I Love About Me - Levels F-3

WRITTEN

To encourage students to recognise and celebrate their personal strengths, qualities, and achievements, building confidence, self-esteem, and a positive self-image.



Learning Intentions

Notice my strengths:

Students aim to identify things they love about themselves.

Think about why they matter:

Students aim to explain why these things make them feel proud.

Practise self-love:

Students work to remember these qualities to help them feel happy and confident.



Success Criteria

I can write, draw, or say three things I love about myself.

I can explain or show why these qualities are important.

I can use these qualities to help me feel better when I feel down.



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WRITTEN

Duration: 10–15 minutes

Objective

To encourage students to recognise and celebrate their personal strengths, qualities, and achievements, building confidence, self-esteem, and a positive self-image.

Players

Individual reflection with optional partner, small group, or whole-class sharing.

Materials

- Paper, worksheets, or notebooks.
- Pencils or coloured pencils.
- Optional: stickers or symbols to support expression

Setup

- Give each student paper or a notebook. .
- Explain that this activity is about noticing and celebrating the good things about ourselves.

Gameplay / Activity Steps

Step 1: Think About Three Things

- Ask students: “What are three things you love about yourself?”
- They can think of:
 - **Strengths** (kind, friendly, helpful).
 - **Talents/skills** (good at drawing, running, building, or reading).
 - **Achievements** (learning something new, helping a friend, or trying their best).

Step 2: Write or Draw

- Students write or draw their three things.
- Younger students may use pictures, symbols, or sentence starters.

Step 3: Reflect on Why They Matter

- For each thing, students write, draw, or say why it is special or makes them feel proud.
 - Example: “I love that I am kind because it makes people smile.”

Step 4: Share (Optional)

- Students may share one thing they love about themselves with the class or in pairs.
- Encourage positive feedback and celebrate each student’s strengths.



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Reflection Prompts

- "Why is it important to love yourself?"
- "How do you feel when you think about the things you love about yourself?"
- "How can remembering these things help you on a hard day?"

Winning the Game

There are no winners. The success comes from students feeling proud of who they are and recognising their unique qualities.

Variations

- **Affirmation Edition:** Students turn their three things into positive statements (e.g., "I am kind. I am strong. I am a good friend.").
- **Art Edition:** Students decorate their page with colours, drawings, or symbols to make it personal.
- **Family Edition:** Students complete the activity at home and share with family members.

For Wheelchair Users / Accessibility

- Students can write, draw, say, or use AAC devices to share their ideas.
- Provide sentence starters, stickers, or visual supports.
- Ensure sharing is accessible for all students.

Notes for Inclusion

- Accept all forms of expression (words, drawings, gestures, symbols).
- Provide scaffolds such as:
 - "I love that I can..."
 - "I feel proud when..."
 - "One special thing about me is..."
- Celebrate each student's contribution to build a supportive and inclusive classroom culture.

