

# Balloons of success



This simple worksheet will help your pupils express their successes, challenges and aspirations for the future. By encouraging your pupils to identify the things they have achieved, they can slowly challenge the negative feelings of what they have missed. For primary school, use the balloons templates below to help pupils recognise the positive features in themselves. For secondary school, the worksheet on the last page can be a good starting point for discussions.

## Instructions:

1. Using the templates below, introduce the activity by asking the class to think about one thing they are proud of since coming back to school. Whether it's simply being able to catch up with friends or surviving remote learning, explain the importance of acknowledging these achievements, big or small.
2. Ask your pupils to think about some of the challenges they have overcome and then get them to write down their hopes for the future. They can be very simple short term aspirations that may take time to achieve.
3. To close, get your class to think about how each one makes them feel. For example, when I am proud, it makes me feel brave, over the moon, fulfilled.
4. Finally, displaying the balloons in the classroom will help pupils see various successes the whole class has overcome.



I am proud of myself...

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I am proud I overcame the challenge of...

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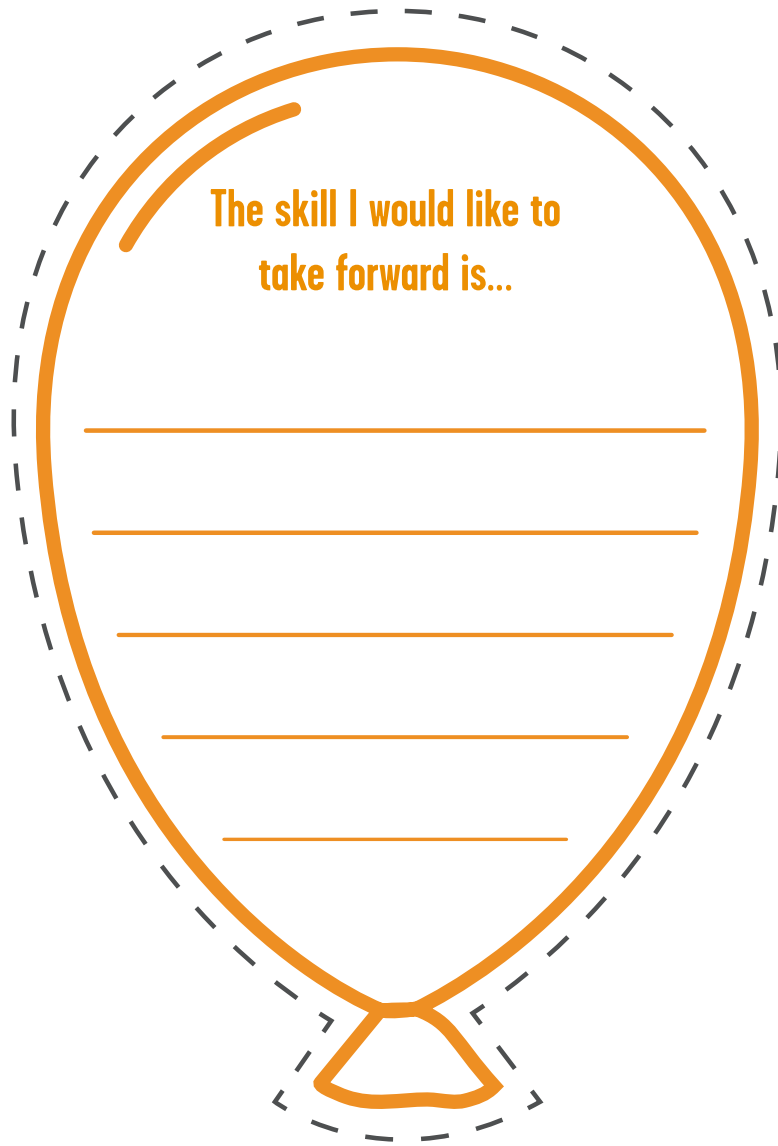
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The skill I would like to take forward is...

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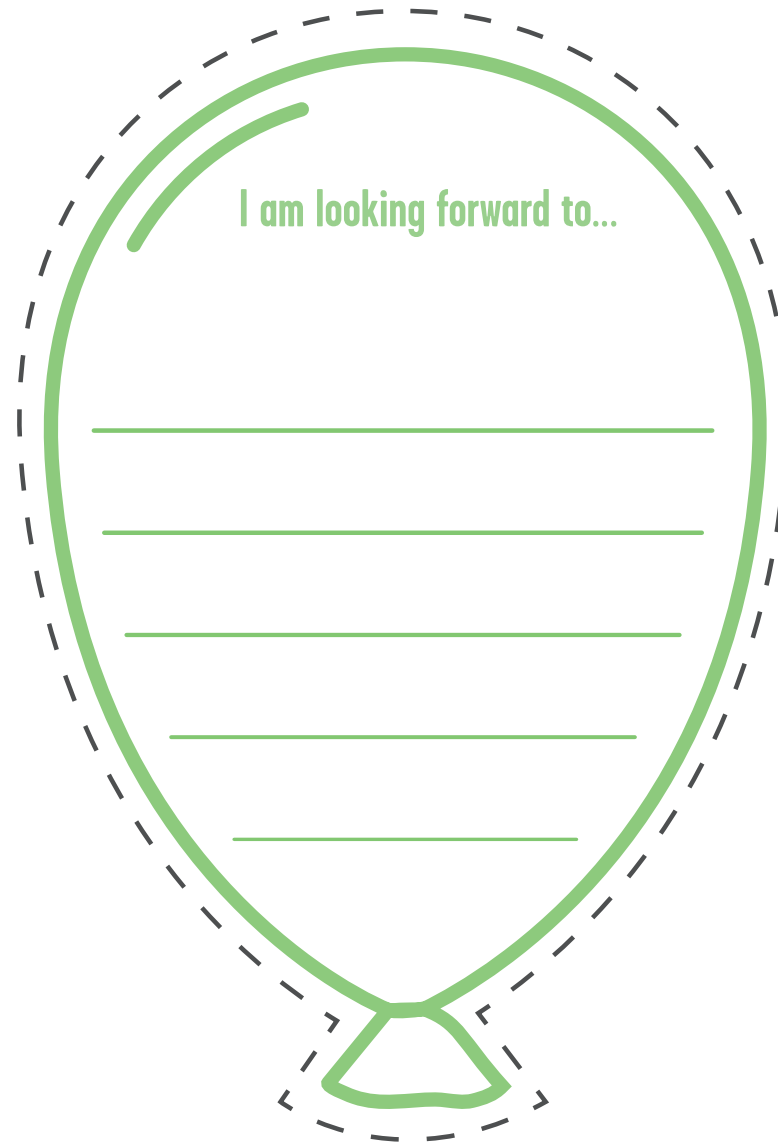
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I am looking forward to...

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I am hopeful for...

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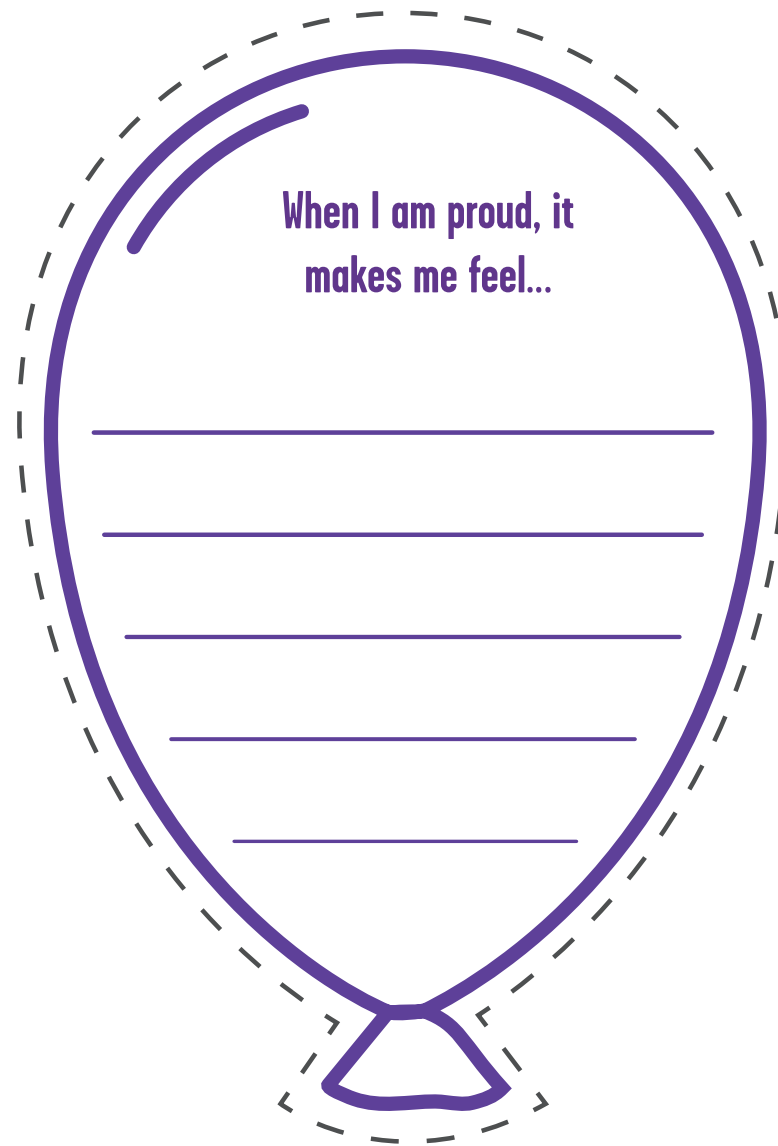
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When I am proud, it makes me feel...

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**I am proud of myself...**

**I am proud I overcame the challenge of...**

**The skill I would like to take forward is...**

**I am looking forward to...**

**I am hopeful for...**

**When I am proud, it makes me feel...**

