

Here are our **Fantastic Five**. Talk about their names and qualities.

Discuss with your family which ones you all think you are most like, then try out the activities.



OPTISTAR is **resilient** and wears a star badge.

Optistar is optimistic, determined, never gives up and has self-belief.

Draw a STAR and write in it something you are good at.



Now try and do 20 Jumping Jacks without stopping, or stand on one leg for a minute!



SHIMMER is **reflective** and has a mirror.

Shimmer is mindful, calm, self-aware, thoughtful and empathic.

Draw a RAINBOW and write 5 acts of kindness.



Have you ever tried some yoga to help you feel calm? Have a look online for some quick yoga exercises.



MOTIVAR is a **risk taker** and holds a shield

Motivar is spontaneous, brave, confident, motivated and daring.

Draw some WINGS and write a time when you were brave.



Try something new- e.g. ride a scooter, sleep in your own bed or try a new food.



SORCERINE is **resourceful** and carries a wand.

Sorcerine is well-prepared, proactive, independent, creative and adaptable.

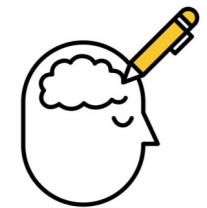


See if you can recognise your name. What else can you do to be independent? Can you put your coat on without help?



UNITOR can **remember** and keeps a pot of knowledge.

Unitor is knowledgeable, logical, organised, an active listener with a good memory.



Can you remember the Fantastic Five? See if you can draw them and remember their names.