

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 some things in it that you are good at.



Now try and learn to tie your shoelaces without help! What else could you learn to do?



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.



What does empathy mean? How can you show empathy to others?



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.

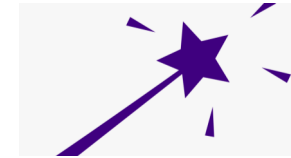


Try something new- e.g. ride a bike, try a new food or learn to swim.



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

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

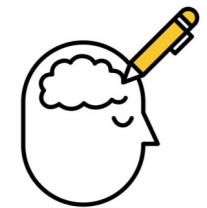


Can you be more independent and ready for school every day? Make a timetable and think about what you need for each day.



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. Get someone to test you.