

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 fill it with things you are good at.



Can you:

- Tie a school tie?
- Do a cartwheel?
- Time a sprint and try to improve it?



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 that you could do for others.



What does empathy mean? When have you shown empathy for 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. try a new food, learn to swim or take up a new hobby

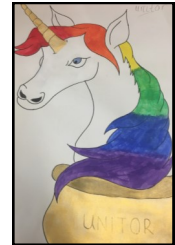


SORCERINE is **resourceful** and carries a wand.

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

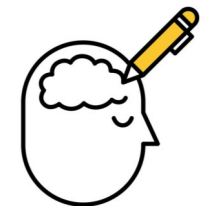


How can you be more independent ?
Make a timetable and keep a list of everything you need for school each day.



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?
Draw them and try to remember their qualities. Get someone to test you.