

Health and Wellbeing- My Gifts and Talents



This week you are going to think about what makes you unique and fabulous! It is really important for our mental health that we are kind to ourselves, believe in ourselves and remind ourselves how great we are.

You are going to create a “gift box” which reflects your personality, your characteristics and your gifts.

- First of all, think about the gifts, talents and good qualities that you have. Are you a good listener? Are you good at gymnastics? Do you know how to make people laugh?

Here are some examples that you might want to use to describe yourself-

I am kind.

I am a great singer.

I am caring and considerate of others.

I am good at telling jokes.

I am a good friend.

I always tell the truth.



Come up with as many statements as you can to describe yourself. Write them down on individual slips of paper.

- Next you will need to make your box.

You could create your box using paper or card. Here is a tutorial video which shows you how to make an origami masu box. It goes nice and slowly so that you can follow each step.

<https://www.youtube.com/watch?v=Cd5Z8hmcb10>

Before you start to make your box it would be a good idea to decorate your paper to reflect your personality. Use your favourite colours and draw things which you like.

If you have an old shoebox lying around at home you could cover and decorate it instead. You could also add things like glitter, tissue paper, stickers etc.



- Once you have made and decorated your box it's time to put your gifts into it. Fold up your slips of paper with your statements on them and place inside your box.

Take it in turns with someone at home to pull one out. Talk about each one and try to think of an example which demonstrates the statement. For example- "I am patient." "I helped my little sister work on her reading book and let her take her time with the tricky words."

- You could ask family members to add gifts of their own into the "gift box".

Keep your "gift box" and add in new statements whenever you think of them. Use it to remind yourself of what a fantastic person you are!

