



# Star Qualities Activity

## Learning Outcomes

To identify positive qualities about myself.

## Context

Sometimes pupils find it hard to believe positive things about themselves and for many it is easier to believe the negative things. Taking notice of your pupils' successes, strengths, talents and interests will build their resilience, self-esteem and confidence. Encourage them to use what they have achieved as a way of helping them cope with stress and adversity.

## Activity

Start the session with groundrules, to ensure that children feel safe to speak and only share what they don't mind others knowing.

- Ask pupils to sit in a circle.
- Encourage the children to have a moment of reflection and think of some of the strengths and qualities that they like in themselves and others.
- Use the ball to roll or throw round the circle so that everyone can say a word or phrase to describe these qualities, e.g. kind, caring, funny, full of energy, a good friend.
- Give out the star outlines and explain that they are going to write their own name in the middle of the star and ask other people in the class to write positive qualities about them in each of the points (five words or phrases in all).
- Organise the children into groups (perhaps their home tables) so that they can carry out the activity.
- Invite children to share some of the qualities with the class if they want to.
- Explain that it is really important to be aware of all the positive qualities they all have and what makes them unique.

Time

15 mins



## Age Group

Primary School

Secondary School

## Resources

- Small ball
- Star outline for each pupil

## Things to consider

This activity may be uncomfortable for the more vulnerable members of the class. Model how to think of positive qualities that reflect the range of children in the class. Try to steer the pupils away from qualities about appearance, as this can put pressure on them and others to look a certain way. Reinforce rules and that this is a safe space for everyone to share opinions.

## Extend the activity?

Discuss how it feels when someone says something positive about you.

Describe how these positives stay with them (like in a piggy bank)

Think about characters in class texts who have positive qualities. Do they use these to make them feel more resilient?

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