

# Session 6.1: Two stars and a wish

## Activity sheet 6.1.1: Respect for self and others

### Introduction

You have come to the last module of the course. You are going to look at what you have done well and think about what future plans you would like to make.

You are going to look at the different topics we have covered on the course.

For each topic, write down two things you do well and one thing you want to improve.

We will call these two stars and a wish.

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You can help each other by telling each other things they have done well and helping them think about what they can do next.

### **RESPECT FOR SELF AND OTHERS**

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# Activity sheet 6.1.2: Laws and assertiveness

## THE NEED FOR RULES AND LAWS

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## ASSERTIVENESS

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# Activity sheet 6.1.3: Being independent, asking for support

## BEING INDEPENDENT

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## ASKING FOR SUPPORT

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# Activity sheet 6.1.4: Recognising and managing feelings

## RECOGNISING FEELINGS

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## MANAGING FEELINGS

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