

# Star Qualities



# What Is a Star Quality?



We are all unique and have lots of things which make us special, things that we are good at. This is exciting!

These are our star qualities.



What might our star qualities be? We might be...

strong

hard-working

loyal

generous

honest

a good listener

thoughtful

funny

careful

positive

friendly

respectful

grateful

patient

loving

fair

kind

responsible

co-operative

supportive

determined

# What Are Our Star Qualities?



Today we will be thinking about our star qualities – all of the things which we are really good at and that make us special!

Thinking about our star qualities can help us to feel happy and confident. It reminds us of all the good things about ourselves. Try and remember these, especially when you are feeling sad or worried about something.



# Shining Stars



It is really good to think about our own star qualities.

It is also important to think about the star qualities of our family and friends. It can help us appreciate each other.

By telling our family and friends what we think their star qualities are, we can help them to feel happy.





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