

## Remember - I am amazing

I AM WHAT I AM



Amazing

Since March the 23rd I haven't been able to go to school.



There have been some positives about this.

- Lie ins.
- Organising my own lesson time
- The sunny weather

maybe you could add the things that you've enjoyed to this list

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There have also been some difficulties. (You can add to this list too.)

- Rules from the government keep changing.
- Worries about getting ill.
- Not being able to go to places that I usually go to.
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**All those things are in the past.** There is nothing that we can do to change what has happened. You can remember what you have done well. You are still amazing.

It is time to get ready to go back to school. **This is about the present... NOW ... and the future ... NEXT and THEN.**

I have more control over **NOW** than I do of the future. If I spend more time thinking of the future, I might start to imagine it is going to be really bad. Usually, the worst things we worry about actually don't happen. The things of the future can be very uncertain, but if we think about **NOW** then we can try to have more certainty and control.



### **What can I control now?**

- Going to school I'm following my timetable.
- Accepting help from my teachers to get used to getting work done again.
- Working with other adults to help me get ready for the future the next and then.
- Looking after my own mental well-being.

What else would you add to this list?

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I can try to remember, my parents, teachers and other trusted adults are happy to help me sort out the **NOW** the NEXT and the THEN.

There are so many things I can do. I have interests and talents that are going to help me get things done in the future. **For NOW**, I can remember things I've done before which have been successful. I can remember that I am amazing.

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