



Introduction (Page 1)

Welcome to this worksheet on practicing self-belief through guided imagery and affirmations! This activity is designed for 7-year-old students in mixed-ability groups. The purpose of this worksheet is to help students develop confidence, resilience, and a positive self-image.

Can you think of a time when you felt proud of yourself or accomplished something you thought was difficult?

Draw a picture of yourself feeling proud and confident.

Write a short sentence about what you accomplished.

What is Self-Belief? (Page 2)

Self-belief is the confidence and faith we have in ourselves and our abilities. It's essential for achieving our goals and overcoming challenges.

Can you think of a time when you felt proud of yourself or accomplished something you thought was difficult?

Draw a picture of yourself feeling proud and confident.

Write a short sentence about what you accomplished.

Guided Imagery (Page 3)

Guided imagery is a powerful tool for relaxation and self-reflection. It involves using descriptive language to create a mental image or scenario that promotes relaxation and reduces stress.

Close your eyes and imagine yourself in a peaceful place. Describe what you see, hear, and feel in this place.

Affirmations (Page 4)

Affirmations are positive statements that we repeat to ourselves to promote self-belief and confidence. Can you think of a positive statement that you can repeat to yourself every day?

Write down your affirmation on the lines below.

Draw a picture that represents your affirmation.

Self-Belief and Resilience (Page 5)

Self-belief and resilience are closely linked. When we have a strong sense of self-belief, we are better able to cope with challenges and setbacks.

Can you think of a time when you faced a challenge and overcame it?

Write a short story about a time when you faced a challenge and overcame it.

Draw a picture of yourself feeling proud and confident.

Reflection (Page 6)

Reflection is an essential part of developing self-belief. It helps us identify our strengths and weaknesses, and set goals for personal growth and improvement.

Can you think of something you're proud of accomplishing recently?

Write a short reflection about what you're proud of accomplishing.

Draw a picture that represents your reflection.

Goal Setting (Page 7)

Goal setting is an important part of developing self-belief. When we set goals, we give ourselves something to work towards and a sense of direction.

Can you think of a goal you'd like to achieve?

Write down your goal on the lines below.

Draw a picture that represents your goal.

Self-Belief and Positive Relationships (Page 8)

Positive relationships are essential for building and maintaining self-belief. Can you think of someone who supports and encourages you?

Write a short story about someone who supports and encourages you.

Draw a picture of yourself with this person.

Overcoming Challenges (Page 9)

When we face challenges, it's essential to have strategies for overcoming them. Can you think of a challenge you're currently facing?

Write a short story about how you can overcome this challenge.

Draw a picture that represents your strategy.

Self-Belief and Mindfulness (Page 10)

Mindfulness is the practice of being present in the moment and fully engaging with our thoughts, feelings, and experiences. Can you think of a time when you felt fully present and engaged?

Write a short reflection about what you were doing during this time.

Draw a picture that represents your experience.

Conclusion

Congratulations on completing this worksheet! Remember that self-belief is a journey, and it's essential to practice it every day.

Can you think of one thing you learned from this worksheet that you can apply to your life?

Write a short reflection about what you learned.

Draw a picture that represents your takeaway.

