

# Self Reflection Boxes

A two-part workshop (2 x 45 minutes sessions)  
for primary school students aged 8-12 years.



## Objectives

- Identifying what motivates and inspires.
- Reflecting on what our future goals and skills might look like.
- Combining strengths, skills, and personal goals to create actions and inspire motivation.

## Resources

- **Activity 1 Worksheet:** My Strengths and Qualities
- **Activity 1 Worksheet:** About Me
- **Activity 1 Staff Resource:** Positive Traits
- **Activity 2 Staff Resource:** Images or appropriate magazines.
- Pens and texta's.
- Scissors, glue, glitter and any other fun arts and craft supplies.
- Shoe boxes, corkboard or large A3 coloured card.

## Session Times

20 minutes

## Session Activity

### Activity 1 - 'My Strengths and Qualities' and 'About Me' Worksheets

**Step 1:** Give each student a 'My Strengths and Qualities Worksheet', 'About Me - Sentence Completion Activity' and a pen.  
**Step 2:** Ask the students to individually complete the worksheet. You may wish to discuss as you go and break down the steps.

## Resources

**Activity 1 Worksheet:** My Strengths and Qualities  
**Activity 1 Worksheet:** About Me  
**Activity 1 Staff Resource:** Positive Traits

## Session Times

## Session Activity

## Resources

10 minutes

### Activity 2 - Reflection Boxes

**Step 1:** Before you begin, students will need their completed Activity 1 sheets. You will also need all the arts and craft materials in the 'resources' section.

**Step 2:** Each student will need one shoe box or cardboard box for this activity. This will be the base for their box. You can ask any shoe store and they will give you them for free. If this is not possible, young people can use corkboard or even large coloured card to create a 'vision board'.

**Step 3:** Students can print out images/words/quotes and use the magazines and arts and craft materials to get creative! The aim of the activity is to fill the inside of the box with images and words that are self-reflective of their identity. Everything that makes them 'them'. Their hobbies, skills, interests, goals and strengths.

**Step 4:** Once completed the students can take home their activity and reflection boxes as a reminder on those difficult days, of all the wonderful qualities about themselves.

These activities can run over 2 or more sessions depending on student numbers and engagement.

### Activity 2 Staff

**Resource:** Images (print several copies). Or appropriate magazines if they can be sourced.

Pens and texta's.

Scissors, glue, glitter and any other fun arts and craft supplies.

Shoe boxes, corkboard or large A3 coloured card.



# My Strengths and Qualities

## Things I am good at...

1

2

3

## Compliments I have received...

1

2

3

## What I like about my appearance...

1

2

3

## Challenges I have overcome...

1

2

3

## I have helped others by...

1

2

3

## Things that make me unique...

1

2

3

## What I value the most...

1

2

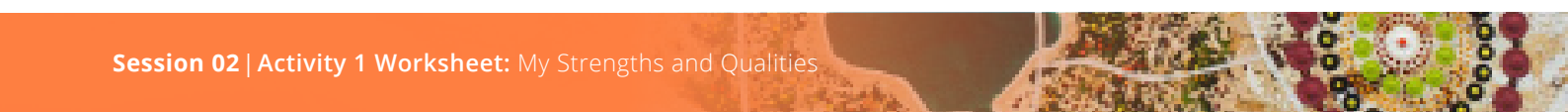
3

## Times I have made others happy...

1

2

3



# About Me

## Sentence Completion



I was really happy when... \_\_\_\_\_

\_\_\_\_\_



Something that my friends like about me is... \_\_\_\_\_

\_\_\_\_\_



I'm proud of... \_\_\_\_\_

\_\_\_\_\_



My family was happy when I... \_\_\_\_\_

\_\_\_\_\_



In school, I'm good at... \_\_\_\_\_

\_\_\_\_\_



Something that makes me unique is... \_\_\_\_\_

\_\_\_\_\_

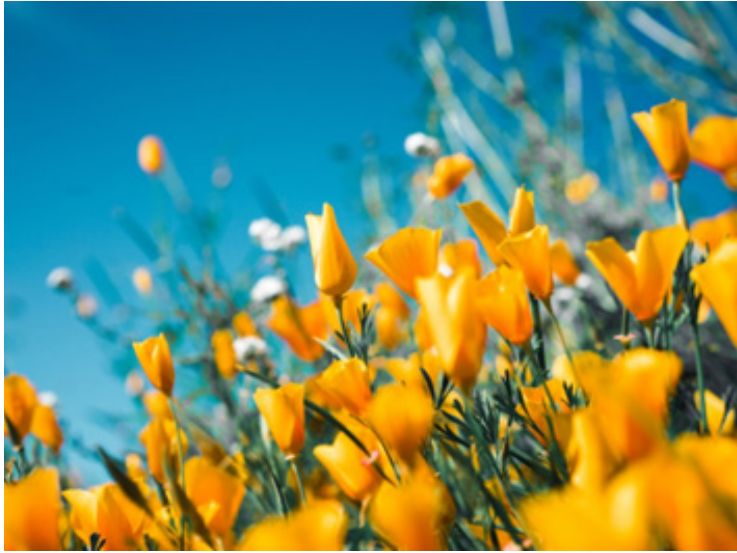
## Positive Traits

Kind	Insightful	Sensitive
Intelligent	Funny	Organized
Hardworking	Patient	Selfless
Loyal	Realistic	Practical
Attractive	Honest	Mature
Down-to-Earth	Generous	Focused
Goofy	Modest	Courteous
Creative	Serious	Grateful
Accepting	Independent	Open-Minded
Strong	Trusting	Positive
Friendly	Resilient	Responsible
Flexible	Cheerful	Cooperative
Nurturing	Self-Directed	Frugal
Thoughtful	Reliable	Tolerant
Confident	Relaxed	Innovative
Optimistic	Listener	Balanced
Respectful	Brave	
Determined	Decisive	
Skilled	Enthusiastic	
Helpful	Forgiving	
Motivated	Humble	



shutterstock.com · 1576415170





shutterstock.com · 235089946



shutterstock.com · 458108917



shutterstock.com · 1375698434



shutterstock.com



shutterstock.com · 511541320



shutterstock.com · 1411747946



shutterstock.com · 1570590241



shutterstock.com · 2138725135



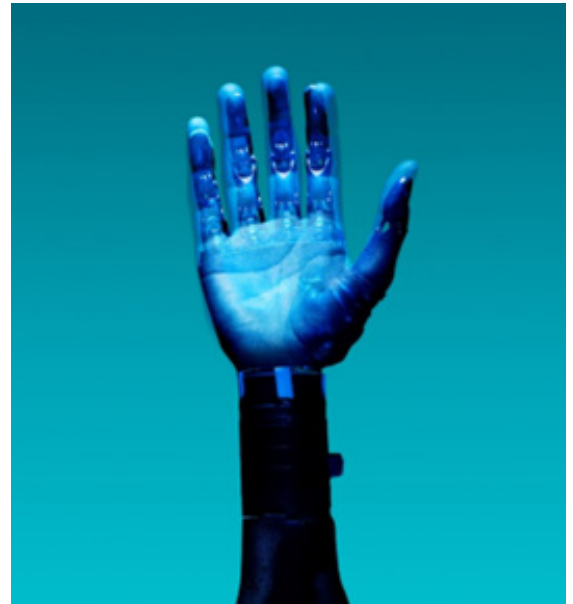




shutterstock.com • 2015870396



shutterstock.com • 1033204516







shutterstock.com · 710562823



shutterstock.com · 1031742880



