



# Meet The characters!



Chloe

Likes: Chocolate, fashion

Dislikes: Hot weather

Hobbies: Photography, trumpet

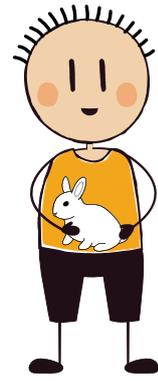


Maya

Likes: The ocean, whales

Dislikes: Cleaning her room

Hobbies: Surfing, saxophone



Hugo

Likes: His rabbit, pizza

Dislikes: Chocolate

Hobbies: Playing with his baby brother, singing



Pablo

Likes: Video games, fruit smoothies

Dislikes: Waking up early

Hobbies: Painting, bike riding



Layla

Likes: Mystery novels, pop music

Dislikes: Rainy weather

Hobbies: Reading, baking



Sheng

Likes: The outdoors, science

Dislikes: Fizzy drinks

Hobbies: Bird watching, reading

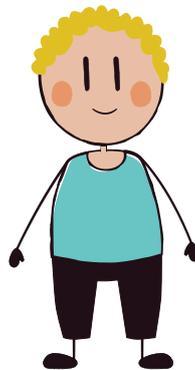


Ruby

Likes: Sausage dogs, maths

Dislikes: Long car rides

Hobbies: Origami, basketball



OTTO

Likes: Puzzles, ice-cream

Dislikes: Grumpy people

Hobbies: Swimming, baking



Priya

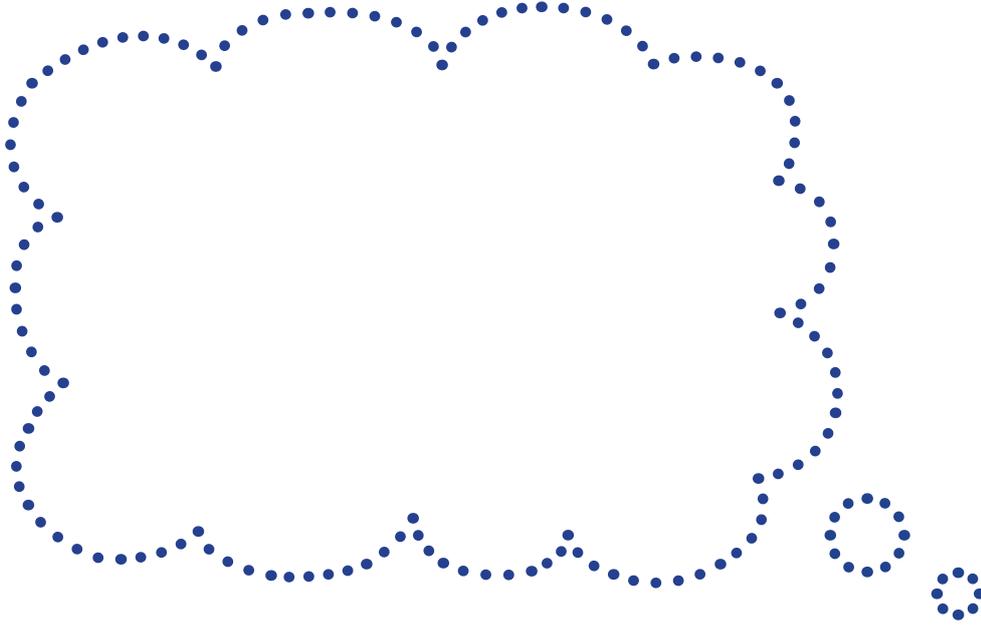
Likes: Sushi, hip-hop music

Dislikes: Spicy food

Hobbies: Beatboxing, football

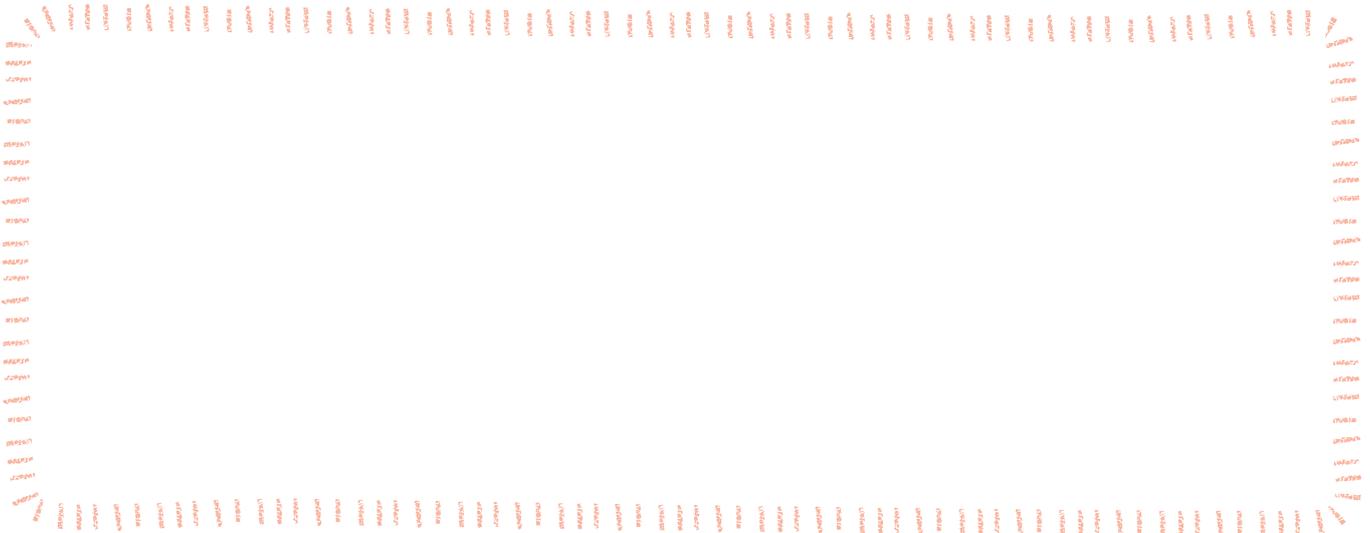
# Let's Get Motivated!

What does 'motivation' mean to you? Write down your thoughts below!



## Help! i Have No Motivation!

What is an activity that you struggle to find motivation to do? Draw it below!



So - what helps you get it done?

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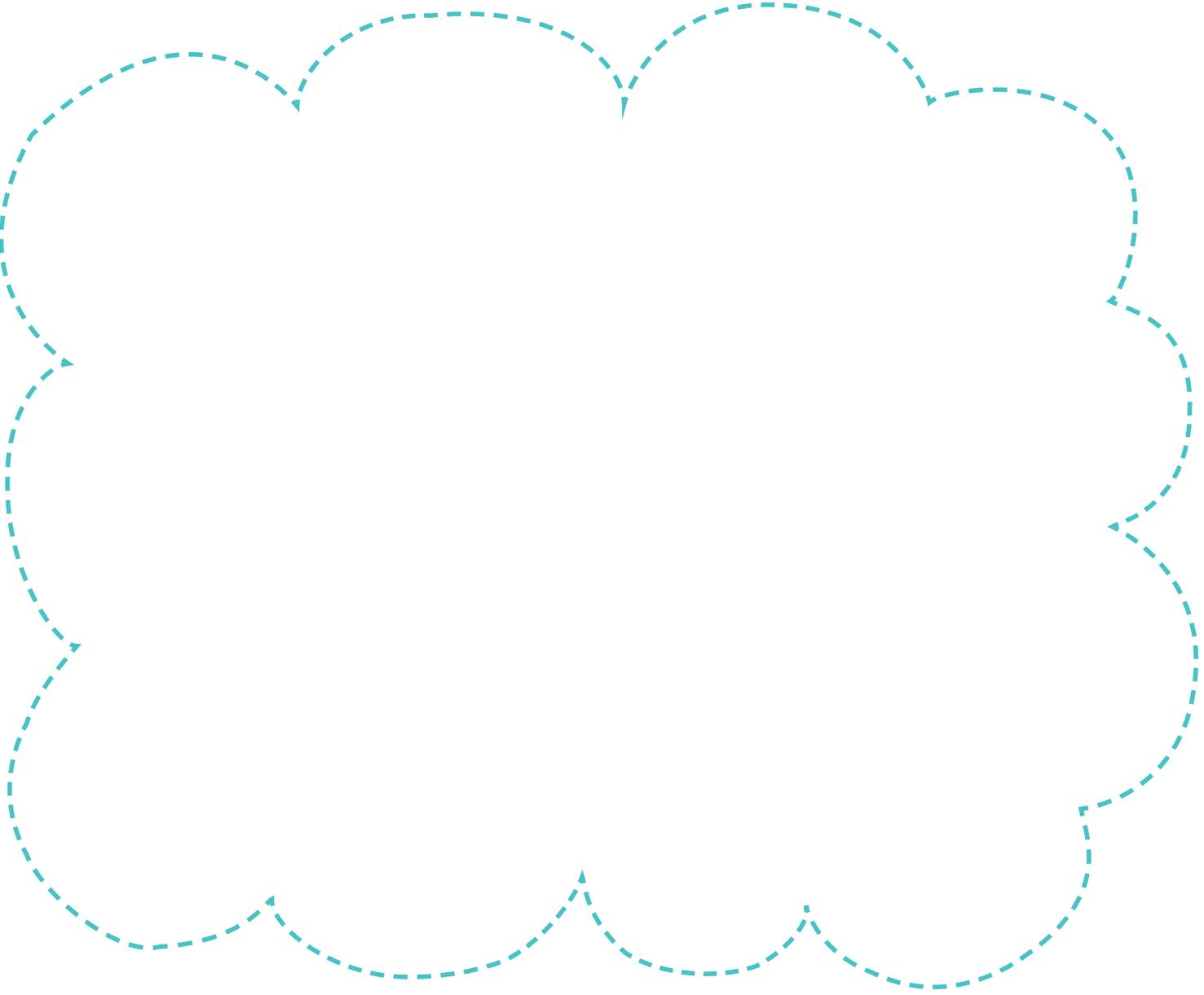
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# A List of Things i Like...

Day 2

Brainstorm all the things you love doing in the cloud below!

It doesn't matter if they're big or small things - just write down anything that comes to your head.



## Today's Challenge: Do Something You Love!

What is an activity you love, but you haven't done in a while?

Maybe it's playing a musical instrument, being in nature, playing sports, listening to music, or reading a book.

Whatever it is - your challenge for today is to do it!

Today I'm going to \_\_\_\_\_ because it makes me feel \_\_\_\_\_.

Read the statements below. Tick the ones you agree with.

- My intelligence can grow.
- If I find an activity hard, it's because I'm dumb.
- I'll never be good at this!
- I will not give up!
- I'm not the smartest in class, so there's no point.
- If I keep trying, I can become smarter.
- There is always room for improvement.
- Each time I get a wrong answer is a step closer to getting the right one.
- I'm so talented that I don't even need to try!



Did you tick mostly triangle or circle statements?



If you got mostly triangles:

It looks like you have more of a **fixed mindset**.

You can turn this into a growth mindset by seeing challenges and mistakes as opportunities to grow!

And even if you *are* great at something - there is always room for improvement.



If you got mostly circles:

It looks like you have more of a **growth mindset**!

This means you believe that you can grow and improve your intelligence.

Even when things seem hard, you see it as a challenge to learn something new.

This helps you be resilient.

**Remember:** Just because you might find something hard now, doesn't mean that you will never get it.

Instead of seeing your mistakes as failures, you should see your mistakes as steps to help you find the correct way!

# Tips to Develop Your Motivation

Day 4

Do you feel like you need more motivation? Here's how you can develop it!

Tip 1:  
Pair it up!



Tip 2:  
Reward yourself!



Tip 3:  
Create a habit.



Tip 4:  
Take small steps.



# What Motivates You?

What are the things that motivate you? Maybe it's pocket money or stickers? Perhaps it's praise or just the satisfaction of knowing you did well in a task?

Brainstorm them below!



# Get S.M.A.R.T. about Goals!

Day 5

An important part of motivation is goal setting. When you set a goal, you have something to work towards.

Introducing - S.M.A.R.T. goals!

S.M.A.R.T. is an acronym that tells you about the 5 most important parts to consider when creating a goal.

## Specific

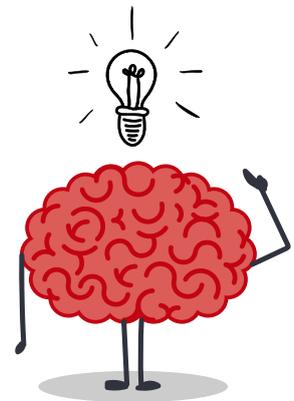
Your goal needs to be specific and clear. Everyone should be able to understand what your goal is if they read it.

## Measurable

You must be able to measure whether or not you have achieved it.

## Achievable

Your goal should stretch you, but it should not be out of your reach. With hard work, you should be able to get there.



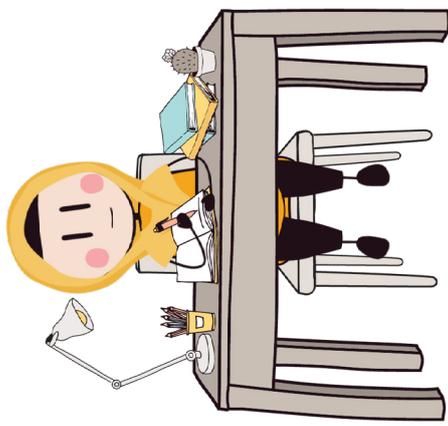
## Relevant

Make sure your goal helps you get to where you want to go.

## Time-bound

You must achieve your goal in a set time.

# My S.M.A.R.T. Goal!



What is your S.M.A.R.T. goal? Write it below.

I want to \_\_\_\_\_  
by \_\_\_\_\_.

To achieve it I will \_\_\_\_\_  
\_\_\_\_\_.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

## You're Never Alone!

If you're experiencing negative thoughts or a lack of motivation, then your teacher or an adult that you trust is there to listen and help you.

Or you can contact Childline.

Childline is a free, confidential helpline for children and young people - available 24 hours a day, 7 days per week, 365 days per year. You can speak to one of their trained counsellors anytime, either on the phone or online.

**Phone:** 0800 1111

**Web chat:** [www.childline.org.uk](http://www.childline.org.uk)

# childline

**ONLINE, ON THE PHONE, ANYTIME**  
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