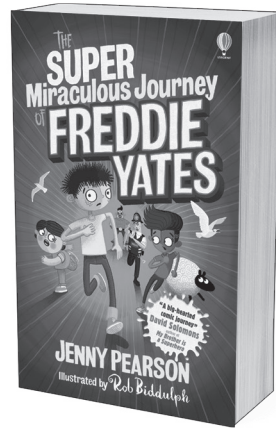


THE SUPER Miraculous Journey OF FREDDIE YATES



TEN THINGS I'VE DONE THAT MAKE ME PROUD

In our super busy lives, sometimes it's good to stop and think about the things we do that make us proud. They could be big things like Freddie's example of 'learning to ride my bike', but they can also be smaller things like fetching some crisps for his dad who is on crutches and isn't very mobile. On your worksheet, make a list of 'Ten Things I've done that make me Proud'. When you have finished your list, share your list with your family and friends. Discuss together which item on your lists you are most proud of and put a star by it.

1.....

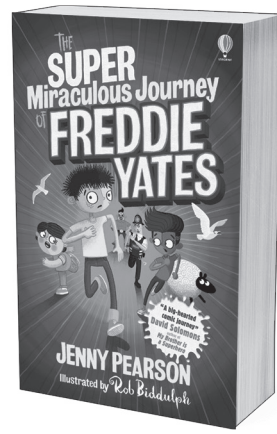
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THE SUPER Miraculous Journey of FREDDIE YATES



TEN THINGS I'VE DONE THAT MAKE ME PROUD

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DAILY DIARY:

Create a 'Being Proud Daily Diary' over the next week by noting down one thing you do each day that makes you proud. For each day, write down a few sentences explaining what you did and why it made you proud. Share your diary with a family member or friend to encourage them to be proud of themselves too!