

## Checklist – Self-esteem Activities

No.	Activity Title	Date
1	Draw yourself with your family	
2	Design the trophy to show something you're good at	
3	Draw 3 people who care about you	
4	What would you do with a magic wand?	
5	Draw the best present you've ever had	
6	Draw yourself as a baby/a child/a teenager/an adult	
7	Imagine you own a shop. What would it sell?	
8	Draw the best meal you've ever eaten	
9	Draw the things you'd keep in a treasure box	
10	What would you take on a magic carpet ride?	
11	Design a flag for your family	
12	What would you display on your own personal noticeboard?	
13	Who would you take with you to a desert island?	
14	Draw something you'd love to do	
15	Who is your hero?	
16	Draw something you don't like	
17	Draw the view you'd like to see out of your window every morning	
18	Draw a good memory on the tree	
19	You've been given £20 to spend in the supermarket. What do you buy?	
20	Draw your dream house	



## Checklist – Emotions Activities

No.	Activity Title	Date
21	Draw what happens to your body when you feel angry	
22	Design an award for someone brave	
23	Why does he feel guilty? How can he make it better?	
24	What happens next?	
25	What's keeping him awake?	
26	Draw something that made you feel jealous	
27	Draw what happened to make her feel embarrassed	
28	Draw their faces and hairstyles to show how they are feeling	
29	Draw somebody who has just won a prize	
30	Why does she feel sad? Draw something to cheer her up	
31	Draw what helps you to relax	
32	What are they hiding from?	
33	Your friend just sent you the funniest picture in the world. What is it?	
34	What are they protesting about?	
35	Draw something scary on the TV	
36	Draw something to help him feel less shy	
37	What makes you feel annoyed/angry/furious?	
38	What helps you to be calm/cool/chilled?	
39	Draw the pictures in this art exhibition	
40	What is she excited about? Why is she disappointed?	

## Checklist – Empathy & Imagination Activities

No.	Activity Title	Date
41	Draw something to help the baby feel better	
42	What would you do if you had a money tree?	
43	What is she daydreaming about?	
44	Draw 3 wishes for someone you care about	
45	What is the old man remembering?	
46	What's inside the bully's brain?	
47	What is the cat dreaming about?	
48	Draw the robot's arms and legs so it can do all the jobs in your house	
49	Who deserves a holiday? Draw the passengers on the bus	
50	What does he want to tell you?	
51	Design a T-shirt for your friend	
52	Draw friends for the alien	
53	Disaster! What's happened?	
54	What was she like when she was young?	
55	What would you send to cheer up a friend?	
56	What is the dog barking at?	
57	Draw this place in a wonderful dream ... and in a terrible nightmare	
58	What does the monkey do next?	
59	What is the earth thinking?	
60	What does the future look like?	