

MY LITTLE BOOK OF AWESOME

A pocket activity book to empower young girls

Made by **Talu Tales**

Print Instructions

1. Print off the next 6 pages double sided
2. Arrange in order of page numbers
3. Fold pages in half along the middle line
3. Staple together to create a booklet

Bingo Instructions

1. Print out list on the right hand side
2. Cut out each line and fold it in half
3. Draw them from a hat one by one
4. Mark each one off your score card, completing the exercise
5. First person to get 3 in a row on the scorecard wins!

Bingo List - Please cut out each line

Compliment the person sitting next to you

Share something you'd like to do but haven't done yet

Name one positive thing about yourself

Name 3 things you're grateful for

I am good at _____

I feel good about myself when _____

My favourite part of the day is _____

I am happiest when _____

My favourite book/TV character is _____

My perfect holiday would be _____

I would like to be better at _____

Give someone else a high-five





Talu Tales
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**MY LITTLE BOOK OF
AWESOME**

A pocket activity book to empower young girls



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THIS BOOK BELONGS TO

AND THEY ARE...

Magnificent

Marvellous

Tremendous

Unicorn Poop

Awesome

Sparkly

Wonderful

Incredible

Magical

Rainbow Ice Cream

Splendiferous

Powerful

AWESOME AFFIRMATIONS

- ★ There is no one better to be than myself
- ★ I am an amazing person
- ★ My mistakes help me learn and grow
- ★ Today is going to be an AWESOME day
- ★ I have people who love me
- ★ I believe in myself
- ★ Today I choose to think positive
- ★ I can do anything I put my mind to
- ★ I am capable of so much
- ★ Everything will be ok
- ★ I can make a difference
- ★ Today I choose to be confident
- ★ If I fall, I will get back up again

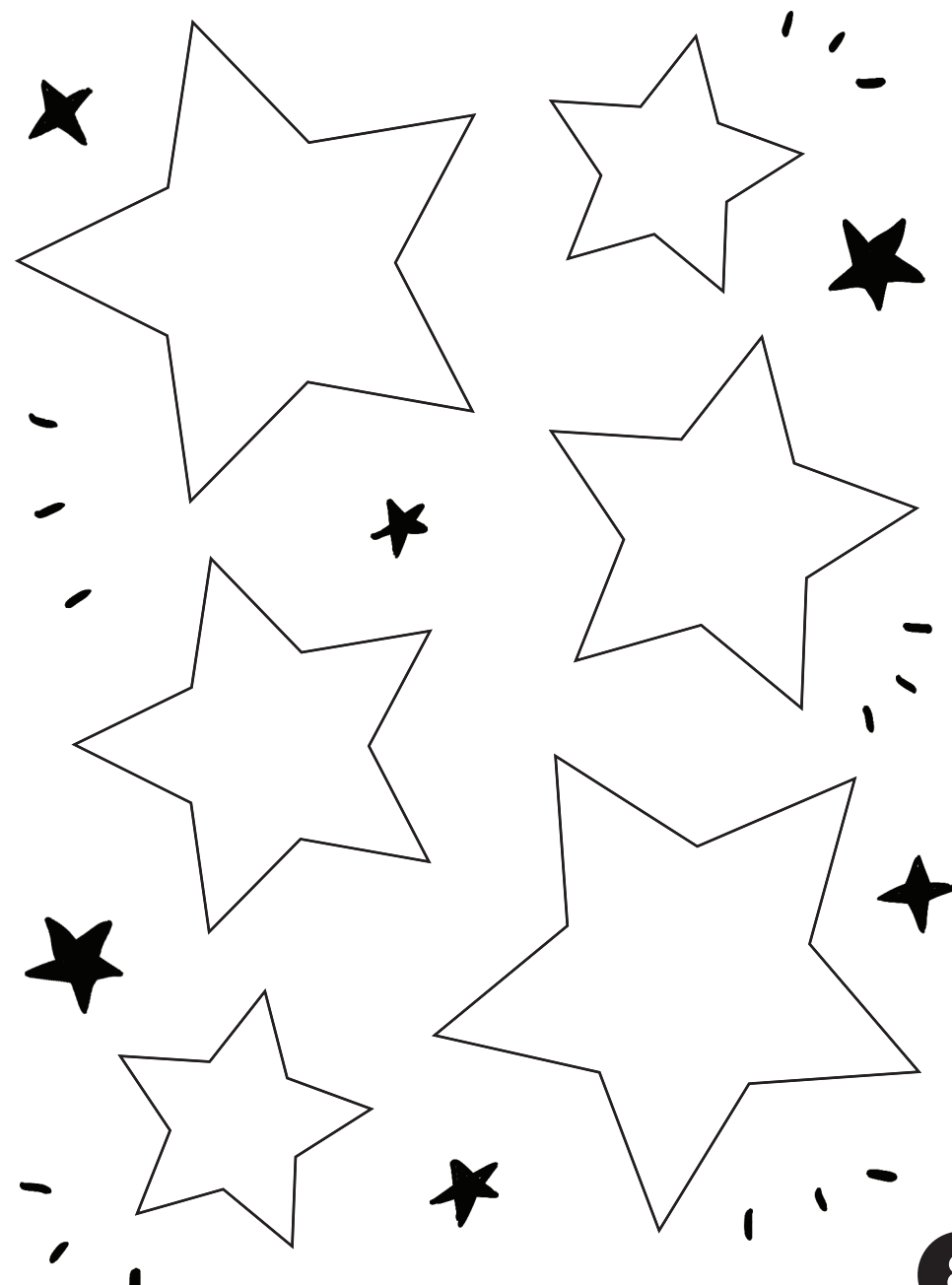
- ★ _____
- ★ _____
- ★ _____

IF I HAD AN AWESOME SUPER POWER IT WOULD BE...



A large rectangular area with ten horizontal lines for writing, surrounded by superhero-themed illustrations like clouds, stars, and a rainbow.

THINGS I'M AWESOME AT...



A collection of large and small star outlines and solid stars scattered across the page, intended for listing things one is awesome at.

DRAW YOURSELF AS A...

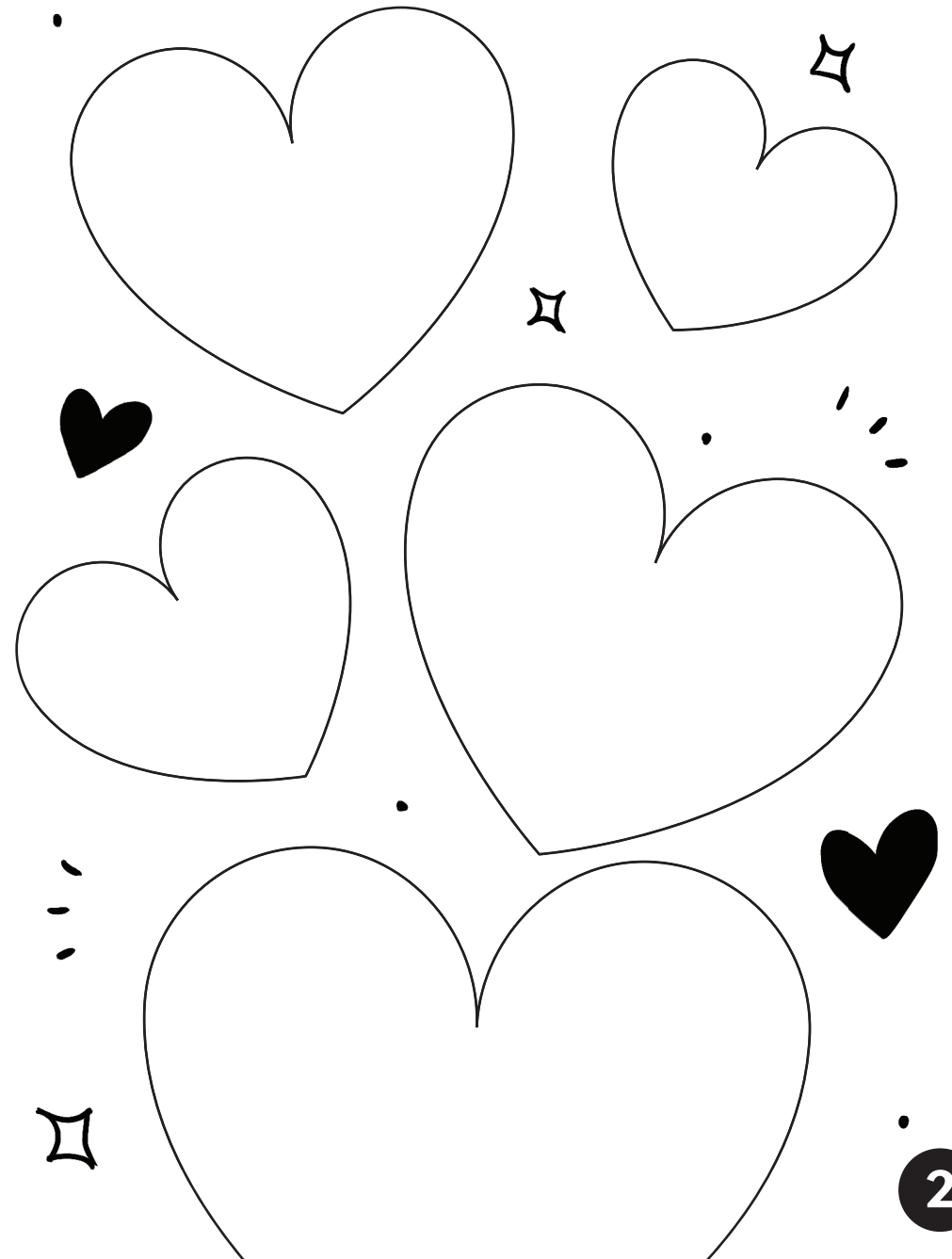
Mermaid

Scientist

Astronaut

Robot

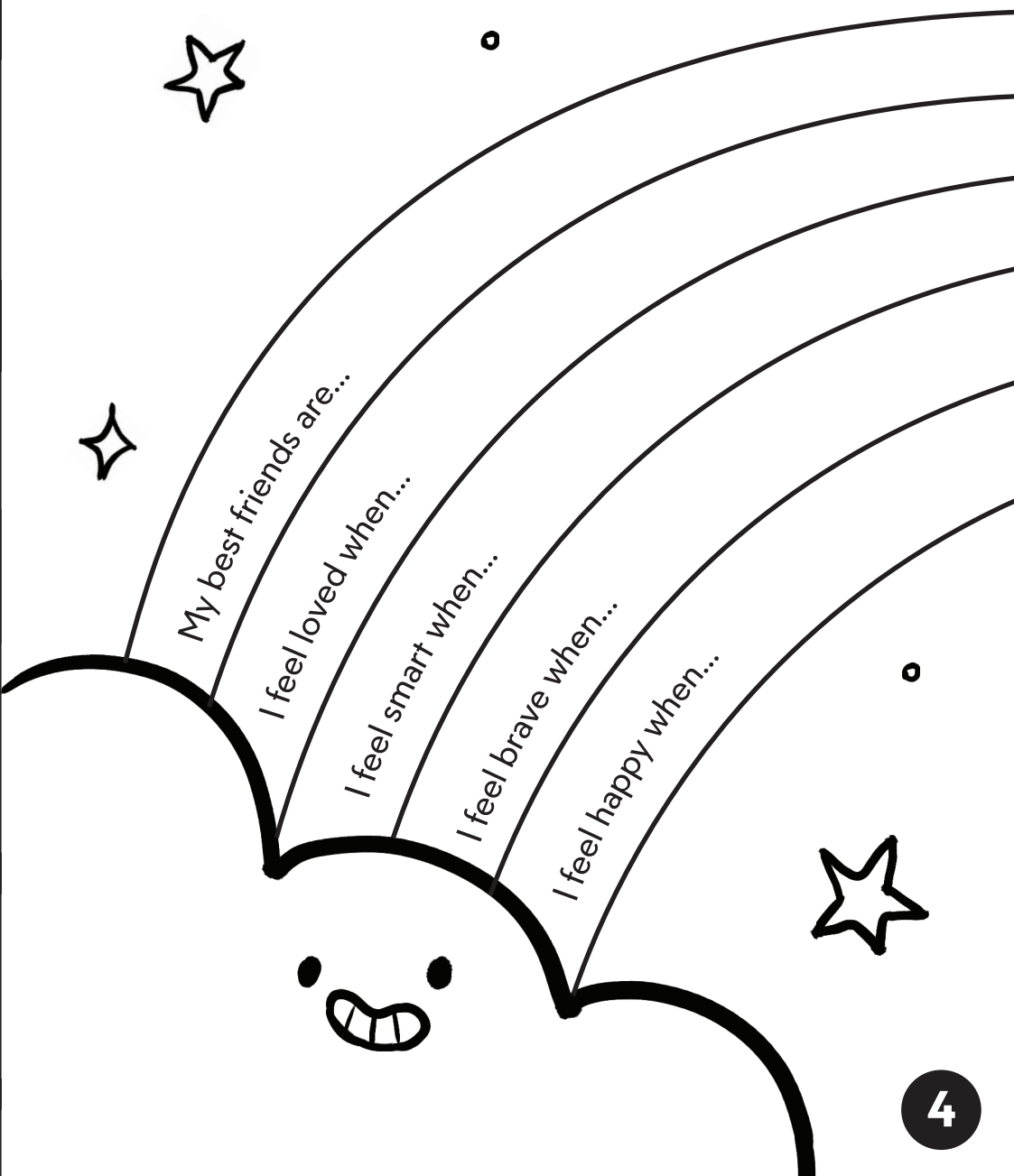
AWESOME THINGS I LOVE...



**IF I WAS AN ANIMAL
I WOULD BE A...**

**WHAT IS THIS ANIMAL
AWESOME AT?**

**COMPLETE THE
RAINBOW OF AWESOME**



My best friends are...

I feel loved when...

I feel smart when...

I feel brave when...

I feel happy when...

AWESOME BINGO

Player 1 scorecard

Compliment the person sitting next to you	Share something you'd like to do but haven't done yet	Name one positive thing about yourself
Name 3 things you're grateful for	I am good at _____	I feel good about myself when _____
My favourite part of the day is _____	I am happiest when _____	One day I'd like to be _____
My perfect holiday would be	I would like to be better at	Give someone else a high-five



AWESOME BINGO

Player 2 scorecard

I am good at _____	Name one positive thing about yourself	Give someone else a high-five
I would like to be better at	Share something you'd like to do but haven't done yet	My perfect holiday would be
One day I'd like to be _____	I am happiest when _____	I feel good about myself when _____
Name 3 things you're grateful for	My favourite part of the day is _____	Compliment the person sitting next to you

