# My Brilliant Brain

*A kind, strengths-first pack about what makes you, you.*

AGES 5–12

## What's inside:

- All about me and the things I love
- Things I'm good at: my strengths
- How my brain likes to work
- Things people like about me
- Proud moments and hard things I got through
- Different is okay: words to read and colour
- Superpower cards and a letter to my grown-ups
- A certificate to print and keep

*Designed for flexible use: work through in order, dip in and out, or pick a single page for a quick activity. There's no "wrong" way to use this pack.*

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# Things I'm Good At

*These are strengths. Tick any that sound like you.*

Little Minds™

- [ ] Noticing small details
- [ ] Remembering facts
- [ ] Making people laugh
- [ ] Being honest
- [ ] Having lots of energy
- [ ] Caring about animals
- [ ] Learning things I love
- [ ] Being kind
- [ ] Being creative
- [ ] Solving puzzles
- [ ] Being loyal
- [ ] Using my imagination
- [ ] Being brave
- [ ] Being a good friend

**Something else I'm good at:**

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# Well Done!

for completing the My Brilliant Brain Pack

*This certificate belongs to:*

_____

Signed (parent / carer / educator) _____ Date

*Every page finished, or even just one, is worth celebrating.*

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