


# 5-DAY SELF-LOVE Challenge

To complete this challenge, choose a challenge buddy and go through the activities together. Once you complete each activity, put a checkmark next to it below.

MY NAME IS \_\_\_\_\_ MY CHALLENGE BUDDY IS \_\_\_\_\_

We began this challenge on (date) \_\_\_\_\_

When we complete this challenge we will celebrate by \_\_\_\_\_

-  Words That Describe Me
-  I Am Grateful For My Body
-  My Emoji Bookmarks
-  I Can Choose My Thoughts!
-  Owl Always Be Amazing

 Big Life Journal

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day  
1

# WORDS that DESCRIBE ME

How many loving and positive words can you think of to describe yourself? This activity will give you lots of great suggestions!

## HOW TO MAKE

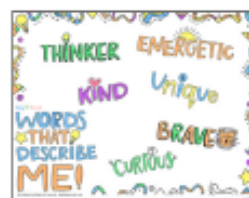
**1** Print out the page with the frame. You can write your own words inside the frame or use the words provided (steps 2 and 3).



**2** Choose the words that describe you and colour them before cutting them out.



**3** Cut the words out and glue or tape them inside your frame. Add your own words if you have more room.





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WORDS  
★ THAT ★  
DESCRIBE  
ME!

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day  
1

HELPFUL KIND

RESILIENT CALM

THINKER Unique

CAPABLE CARING



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day  
1

STRONG CURIOUS

ENERGETIC

BRAVE CREATIVE

HAPPY

CONFIDENT



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day  
2

I Am GRATEFUL

For My Body

My body is

and

It helps me

It keeps me

My brain helps me

With my face I can

My heart is filled with

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# day 3 My EMOJI Bookmarks

Make bookmarks for your Big Life Journal or another favorite book!



## HOW TO MAKE



1 Print out the bookmark templates on regular paper and cut out the square.



2 With the emoji illustration faced down, fold the square in half diagonally to create a triangle. Press along all the folds to create creases.



3 Fold each outer corner of the triangle to meet together at the top of the triangle so the illustration comes together. Tape or glue down.



4 Turn the diamond over and fold the flap underneath to create a pocket and crease.

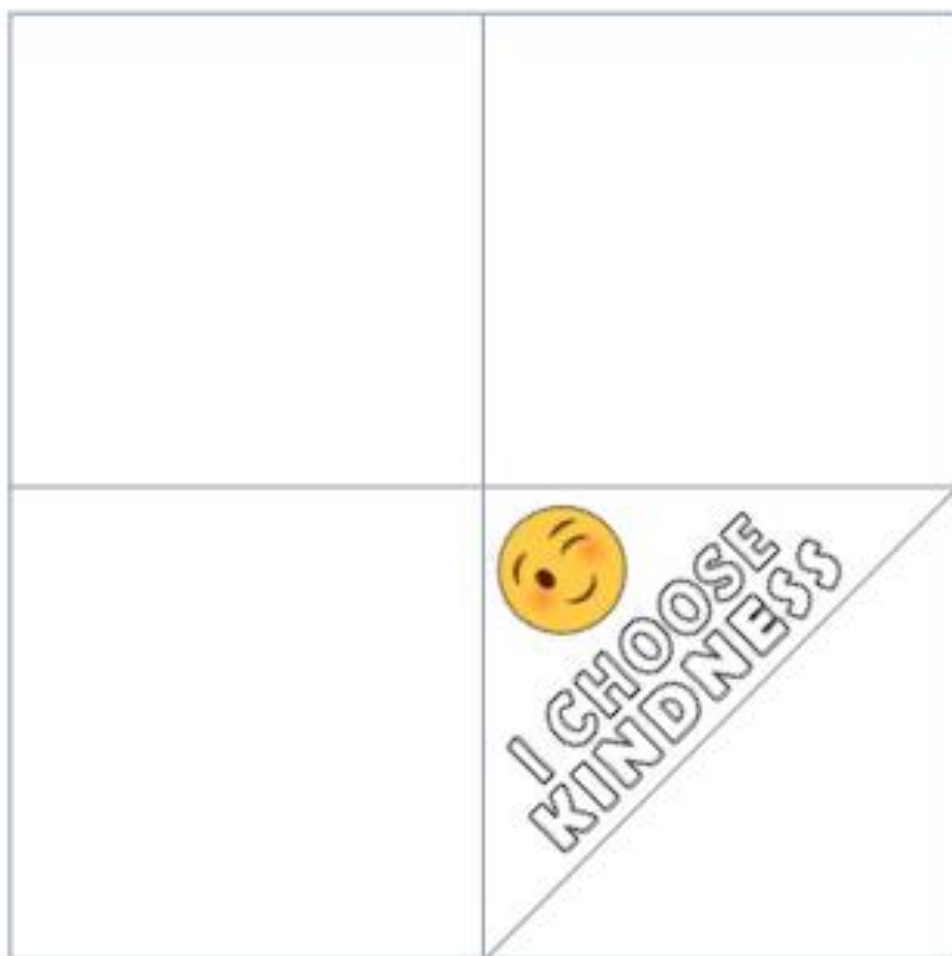


5 Your bookmark is ready to use inside your favorite book or journal!

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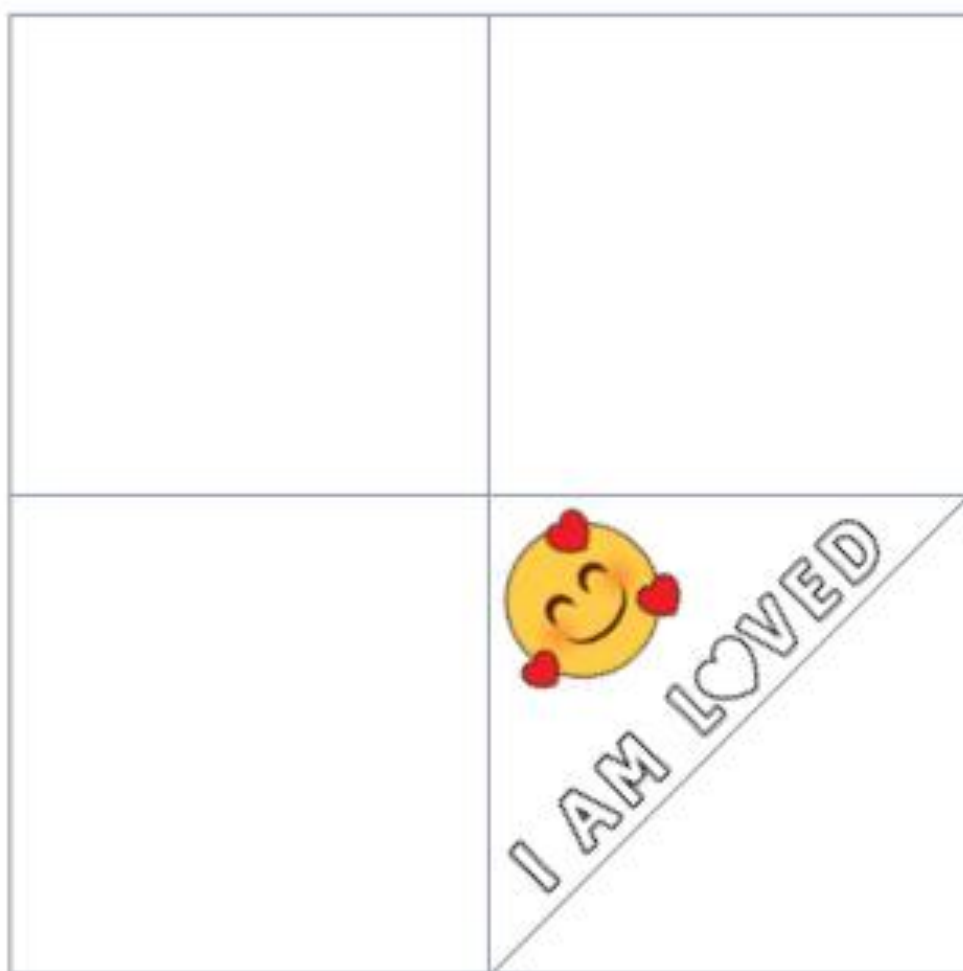
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day 3 **MY EMOJI Bookmarks**





day 3  My  EMOJI  Bookmarks



day 3  
MY EMOJI Bookmarks



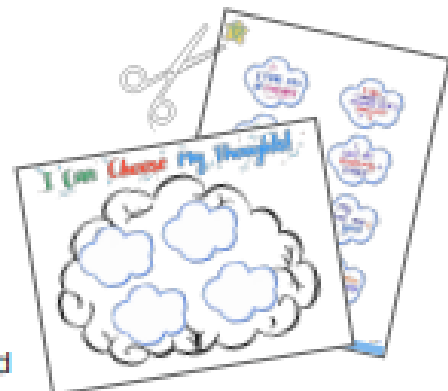
day  
4

# I Can Choose My Thoughts!

We can choose the kind of thoughts we think about ourselves. The kind, empowering, and supportive thoughts will make us feel strong and loved!

## HOW TO MAKE

- 1** Print out the pages with the brain and the bubble thoughts.
- 2** Choose the thoughts which make you feel strong and loved. Cut out these thoughts and glue or tape to your brain page. Add one more positive, loving thought!
- 3** Colour your brain anyway you like!



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day  
4

!!!  
I MAKE Lots  
of Mistakes

I can  
= make a  
mistake and =  
learn from  
!!! it

I am  
= proud of =  
MYSELF

I  
can't do  
anything =  
Right

My  
ideas are  
= UNIQUE and =  
VALUABLE



My  
ideas are =  
no good =

!!!  
I can't learn  
difficult things

!!!  
I can learn  
ANYTHING!

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# I Can Choose My Thoughts!

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day  
5

# OWL ALWAYS =be= AMAZING

There are so many amazing and unique things about you! Make this fun owl craft and display it anywhere you like.

## HOW TO MAKE

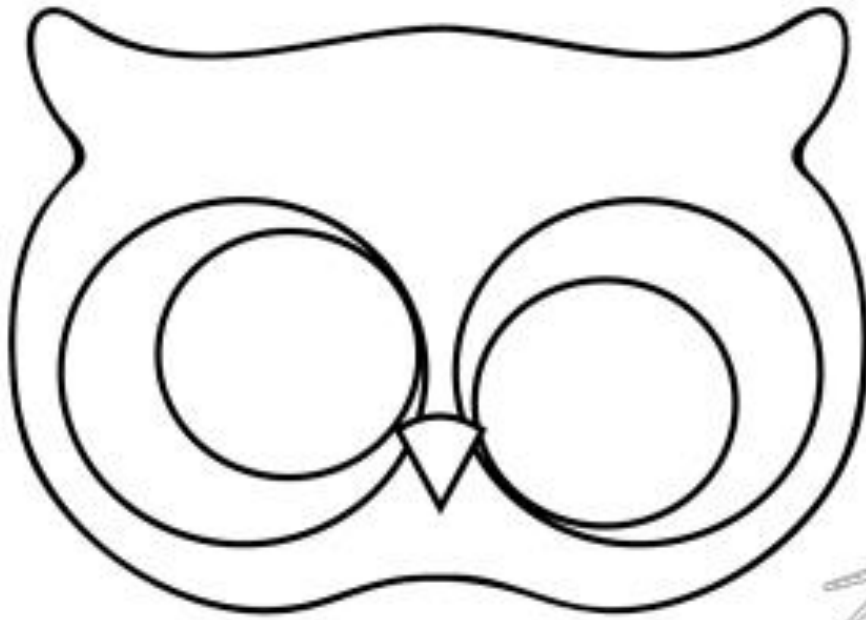
- 1** Print out the owl head & body page and the wings page.
- 2** Cut out the head, body, and wings. Tape or glue the head and wings to the body.  
**Tip:** Arrange your pieces before you tape or glue them down.
- 3** Write or draw on the wings. Your owl is ready to decorate!



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day  
5



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ONE THING I LOVE  
ABOUT MYSELF

I FEEL HAPPY WHEN

MY FAVORITE THINGS  
TO DO:

MY FAVORITE JOKE:

