



Transcript

Anna - Lesson 7, Audio 2



Play 'Anna - Lesson 7, Audio 2' **or** read this transcript during
'Positive Personal Traits' lesson plenary.

Anna

Look at your amazing artwork and all of the positive personal traits that you have written on it. Hopefully your teacher can display them somewhere in your classroom. Whenever you are feeling unmotivated, unhappy or maybe even stupid, just take a look at your work to remind yourself of all of the amazing words and phrases that describe who you are and who you want to be. Or, if someone in your class is having a bad day - for example, if they think they aren't smart because they made loads of mistakes on a spelling test, or they are upset because they have fallen out with a friend - you could look at their piece of work and remind them of the positive words that have been used to describe them. I know something like that would cheer me up.