

# Get Fanatical



This activity encourages participants to be their own biggest fan and reflect on their personal strengths. By writing a PAL letter (Proud, Admire, Love), students will boost self-esteem, recognise their unique qualities, and create a keepsake for times when they need a reminder of how awesome they are.



## Learning Intentions

### Encourage Self-Reflection and Self-Appreciation:

Students will reflect on their personal strengths, accomplishments, and qualities, fostering self-awareness and appreciation of their unique characteristics.

### Promote Positive Self-Esteem:

Students will develop a positive self-image by writing a PAL letter that highlights what they are proud of, admire, and love about themselves, boosting self-esteem and confidence.

### Cultivate Emotional Resilience:

Students will create a personal keepsake to help them navigate challenging times, offering a reminder of their worth and the strengths that make them resilient and capable.



## Success Criteria

### Completion of a Thoughtful PAL Letter:

Students successfully write a PAL letter, thoughtfully reflecting on what they are proud of, admire, and love about themselves, demonstrating self-awareness and vulnerability.

### Engagement in Honest Self-Reflection:

Students engage in deep, honest self-reflection, recognising their unique qualities and accomplishments and celebrating the traits that make them special.

### Creation of a Personal Keepsake:

Students keep their PAL letter as a tool for future self-reflection, showing an understanding of how to use it to remind themselves of their strengths and personal growth during challenging times.



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## Objective:

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## Materials:

- Paper or notebooks
- Pens or pencils

## Setup:

- Ensure each student has a quiet, reflective space to write.

## Step 1: Write Your PAL Letter

### 1. Be Your Biggest Fan:

- It's time to be your number one cheerleader! Think about the amazing qualities you possess, and focus on praising yourself. You're the only "you" in this world, which is something to be proud of and celebrate.

### 2. PAL Stands for Proud, Admire, and Love:

- In your letter, reflect on and write about the following:
  - **Proud:** What are you proud of about yourself? Think about accomplishments, personal growth, or challenges you've overcome.
  - **Admire:** What do you admire about yourself? Focus on your character traits, skills, or qualities that make you unique.
  - **Love:** What do you love about yourself? Embrace the things that make you special—whether it's your kindness, creativity, resilience, or sense of humour.

### 3. Get Deep and Honest:

- This letter is for you, and you won't have to share it with anyone unless you want to. Be vulnerable and honest, and truly appreciate the person you are. Write about what makes you proud, what you admire, and what you love most about yourself.



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## Step 2: Keep Your PAL Letter

### 1. A Tool for the Future:

- Keep your PAL letter as a keepsake. When life gets tough, and you need a reminder of your worth, read the letter to keep things in perspective. It will help you remember that you are an incredible human being with a lot to be proud of.

### 2. Add to It Along Your Journey:

- As you grow and face new challenges, feel free to add to your PAL letter. Over time, you can continue to develop this letter for your future self, reflecting on your journey and the amazing qualities that make you who you are.

### Final Reflection:

By celebrating yourself through this letter, you're creating a positive habit of self-appreciation. Life can be full of ups and downs, but your PAL letter will always remind you of your strengths and the qualities that make you unique. Remember, you are your biggest fan!

### Note:

Encourage students to revisit their PAL letter whenever they feel the need to remind themselves of their worth and how far they've come.

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