

Celebrating My Growth!

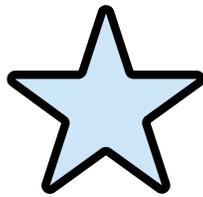
Directions: Choose three activities from the choice board to complete.
Color in the box when you've finished an activity!



My Strengths

Draw or write about three things you're really good at that you learned in Fly Five.

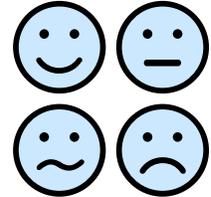
1



Compliment Yourself

Write a compliment to yourself for working hard. Then, share it with a classmate or family member!

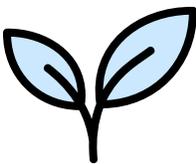
2



Feelings Chart

Draw a picture of a time you felt proud, happy, or excited this week. What were you learning when you felt this way?

3



Gratitude Tree

Draw a tree and add leaves to it. On each leaf, write something you are thankful for in your learning.

4



Role-Play with a Friend or Family Member

Pretend to be a helper in your classroom and show how you would help a friend who is feeling sad or frustrated.

5



Celebrate My Achievements

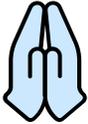
Write or draw something you learned that you're proud of. Show how you can use this in your life.

6



Celebrating My Growth!

Directions: Choose three activities from the choice board to complete. Color in the box when you've finished an activity!

1		Self-Reflection Journal Write a short journal entry about one new thing you've learned in Fly Five this month. How did it help you?
2		I Am Grateful Think about a time this week when someone showed you kindness. Write a thank-you letter to them.
3		Goal Tracker Reflect on one personal goal you've made progress on this year. What did you do to achieve it, and what's your next goal?
4		Feelings Collage Create a collage (using paper, magazine cutouts, or digital tools) of images that represent how you've been feeling lately. Write a few sentences to explain the collage.
5		Social Awareness Challenge List three ways to show empathy and understanding when you see someone in need. Try to do one of them this week.
6		Mindful Moment Practice deep breathing for three minutes. Afterward, draw a picture of how your mind and body feel.



Honoring My Learning and Growth!

Directions: Choose three activities to complete from the choice board. Share your work with a classmate, family member, or teacher to celebrate your progress!

1		Personal Growth Reflection Write a short reflection on how you've grown emotionally or socially through the Fly Five curriculum. What have you learned about yourself?
2		Empathy in Action Think of a time when you helped someone feel better. Write a description of what happened and how it made you feel.
3		My C.A.R.E.S. Toolkit Create a list of strategies you've learned in Fly Five that help you manage stress, handle difficult emotions, or stay positive.
4		Art of Kindness Create a collage (using paper, magazine cutouts, or digital tools) of images that represent how you've been feeling lately. Write a few sentences to explain the collage.
5		Goal Setting for the Future Write down three short-term goals and how you plan to achieve them. Make sure your goals are connected to something you've learned from Fly Five.
6		Positive Affirmations Write five positive affirmations you can say to yourself when you need a boost in confidence. Practice saying them aloud.