

LEVEL UP!



Like video game characters we have attributes too! What would you be like in a video game?



Build your character below!

Draw your character

A large, empty rectangular box with a pink border, intended for drawing a character.

WHAT ARE YOUR CHARACTER'S STRENGTHS?



A large empty rectangular box with a pink border, intended for writing character strengths. It is flanked by two vertical columns of yellow dots.

WHAT WOULD YOU LIKE YOUR CHARACTER TO IMPROVE ON?



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YOUR MISSION



Like video games, we can also level up! We can do this by facing fears, talking about how we are feeling, improving our resilience and trying new things.



MISSION 1: Choose something you would like to work on, your 'ultimate mission'

MISSION 2: Every mission needs a plan! Plan how you would do this. Do you need to break it down into smaller side quests?

MISSION 3: Complete your steps and level up your character!

Mission Objective: e.g. Talking more about how I am feeling, facing a fear etc.

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Mission Plan:

- What do I need to complete my mission?
- Do I need team mates to help me?
- How can I break down the goal into steps?
- How will I know I have completed my mission?

A large empty rectangular box with a pink border, intended for writing a mission plan. It is flanked by two vertical columns of yellow dots, one on the left and one on the right, each containing 12 dots.

Use the below to set out your quests in order to track and complete your ultimate mission. Tick the box when you feel ready to move onto the next quest.

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Mission Complete

ACHIEVEMENT UNLOCKED: LEVELED UP!