

# BEING OURSELVES

## MY BAFTA KIDS SELFIE

Name \_\_\_\_\_ Age \_\_\_\_\_

Many things make us the same as our friends and family but we also have things that make us different and individual and special. All these differences should be celebrated. What makes you different? Are you good at juggling? Do you have a big imagination? Are you brave or kind or funny? Are you good at telling jokes or drawing or dodgeball? So many things can make us different so we want you to...

- draw a selfie which shows your special quality (over the page)
- write a few lines about why it's good to celebrate Being Ourselves

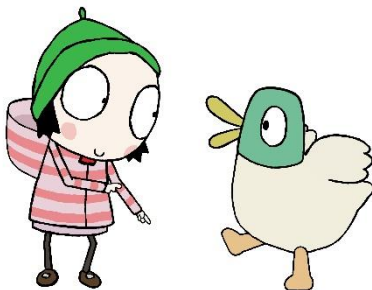
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It's so important to know our own strengths and positive qualities. If you need a bit of inspiration, you can watch Ben Shires and Katie Thistleton host a bite-sized Presenting Masterclass on the BAFTA Kids website <http://baftakids.org/videos>. Ben and Katie talk about the importance of confidence, self-esteem and resilience and share memories of themselves from school.



### PRIZE

BAFTA winning animation studio Karrot Entertainment, the creators of **Sarah & Duck**, will produce a short animated film featuring winning entries. The film will be published on the BAFTA Kids YouTube channel and Place2Be website and shown at BAFTA Kids events throughout the year. The film will be made available for school premieres if requested.

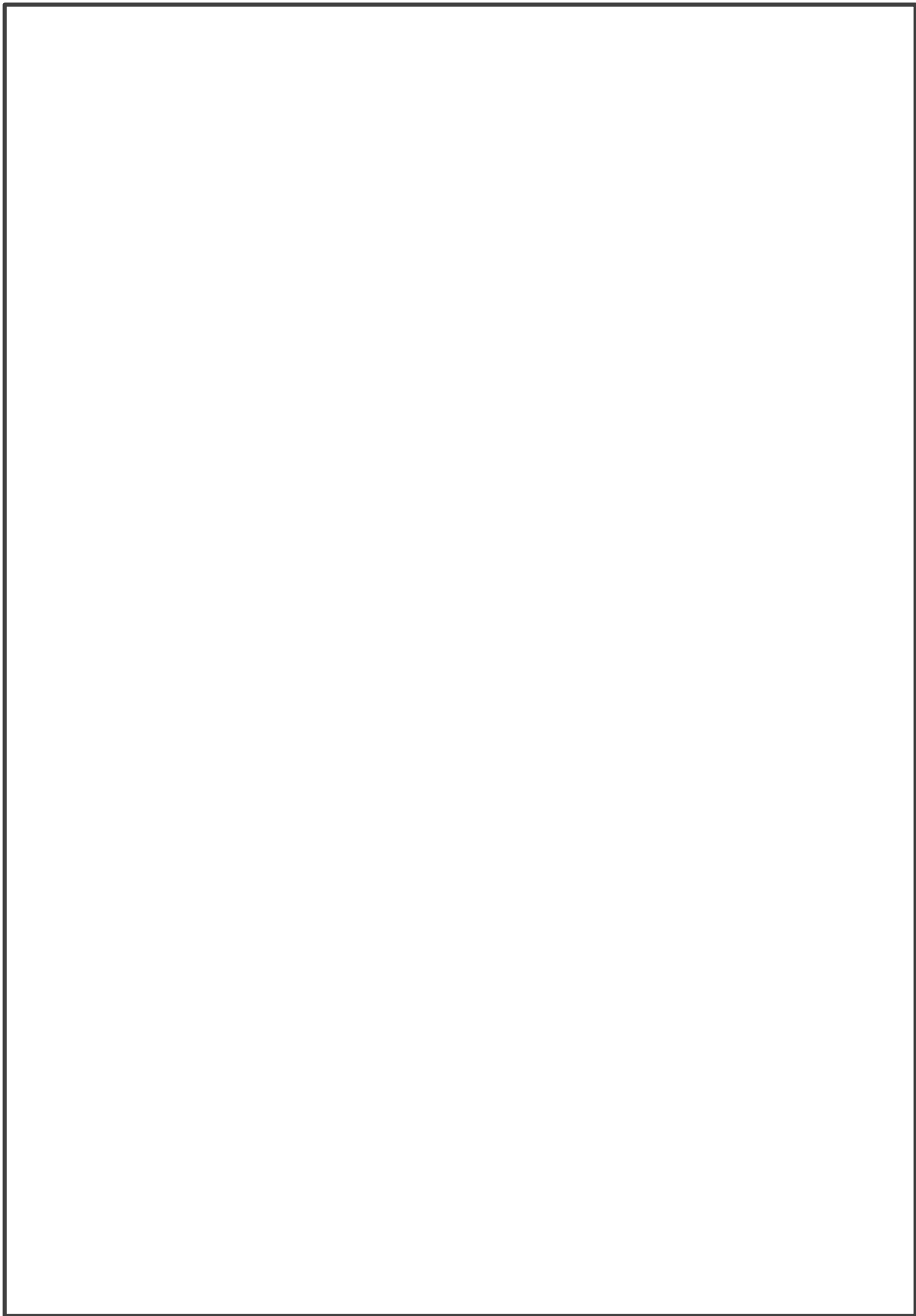
**To be entered into the competition you must supply the name and contact of someone who is 18+.**

Parent/Teacher name \_\_\_\_\_

Parent/Teacher email or phone contact \_\_\_\_\_



www.baftakids.org  
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**Children's  
Mental Health  
Week 2018**  
5-11 February #childrensmh  
ChildrensMentalHealthWeek.org.uk

[www.baftakids.org](http://www.baftakids.org)  
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