# ALL ABOUT ME

## Collage

**You'll need:**

- Paper
- Coloured pens
- Glue
- Pictures and objects that represent you

### STEP 1:

Find a piece of paper.
The bigger, the better!

### STEP 2:

Write your name on the paper.
This collage is all about **YOU**.

### STEP 3:

Now collect things that represent **YOU**. They could be drawings or pictures cut out from magazines or photos of your friends and family. It could even be real 3D objects, like ticket stubs, cards, feathers or beads.






### STEP 4:

Arrange all the pieces of 'you', and ask an adult to help you glue them to the paper. **TA-DA!** You could also write down things that make you happy on the collage.




## HERE ARE SOME EXAMPLES . . .




Ant: No one else's collage will look like yours – because no one else is just like you!

Dec: Not feeling crafty? Try talking about or acting out the things that would make up your collage.

# RESILI-ANTS



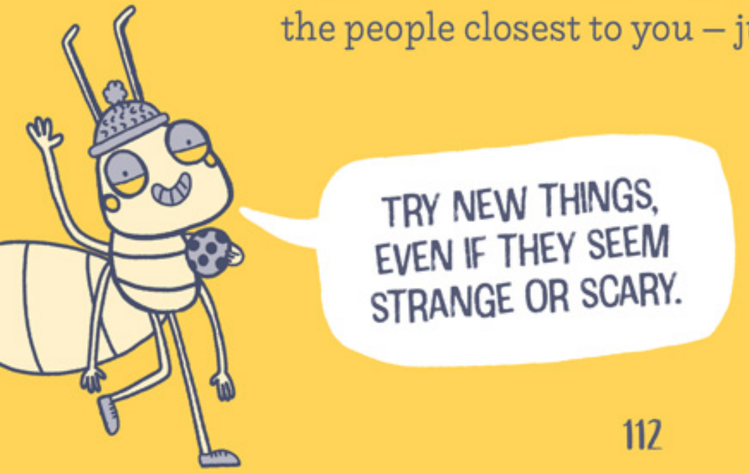

'Resilience' means overcoming difficult experiences and being able to say, "Yeah, I learned something from that." The good news is that we can all become more resilient, one small step at a time.

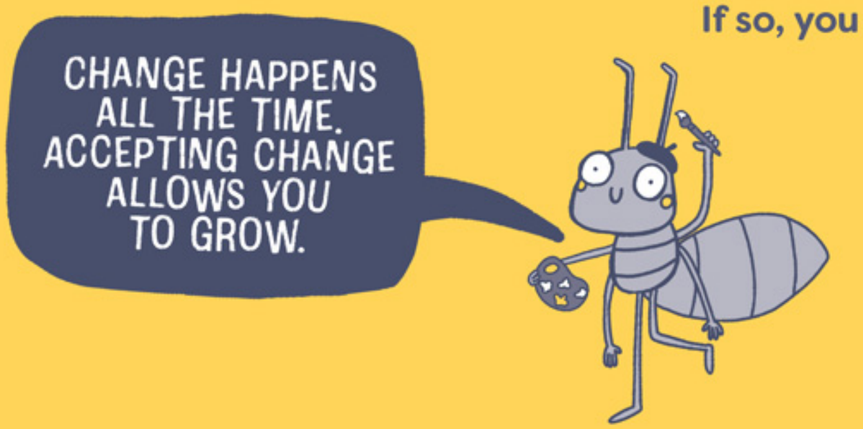
**Ant:** When we were 17 and starring in the children's drama *Byker Grove*, we were told that we were going to leave the show.

**Dec:** It's still one of the most difficult moments of our career – we loved the job and suddenly, it was gone.

**Ant:** We had to show resilience – and the fact we were both experiencing it together meant we could help each other get through it.

**Dec:** When you have tough moments like that, it's important to ask for help and get support from the people closest to you – just like we did.









**Ant:** Sometimes things happen that are tough to deal with – it's just a part of everyday life.

**Dec:** We've always learnt a lot more from the tougher moments than we have from the successes. But you don't have to listen to me. Why not listen to a wise, thoughtful **ANT**...

**Ant:** Aw, thanks, Dec.

**Dec:** Er, I meant these tiny cartoon ants ...

**Ant:** I think what you're saying is **ALL** ants are wise and thoughtful?

**Dec:** Exactly!

Can you think of a time when YOU have learnt from a mistake? Or tried something new despite being nervous? Or shown courage by asking for help? **If so, you were showing your resilience!**



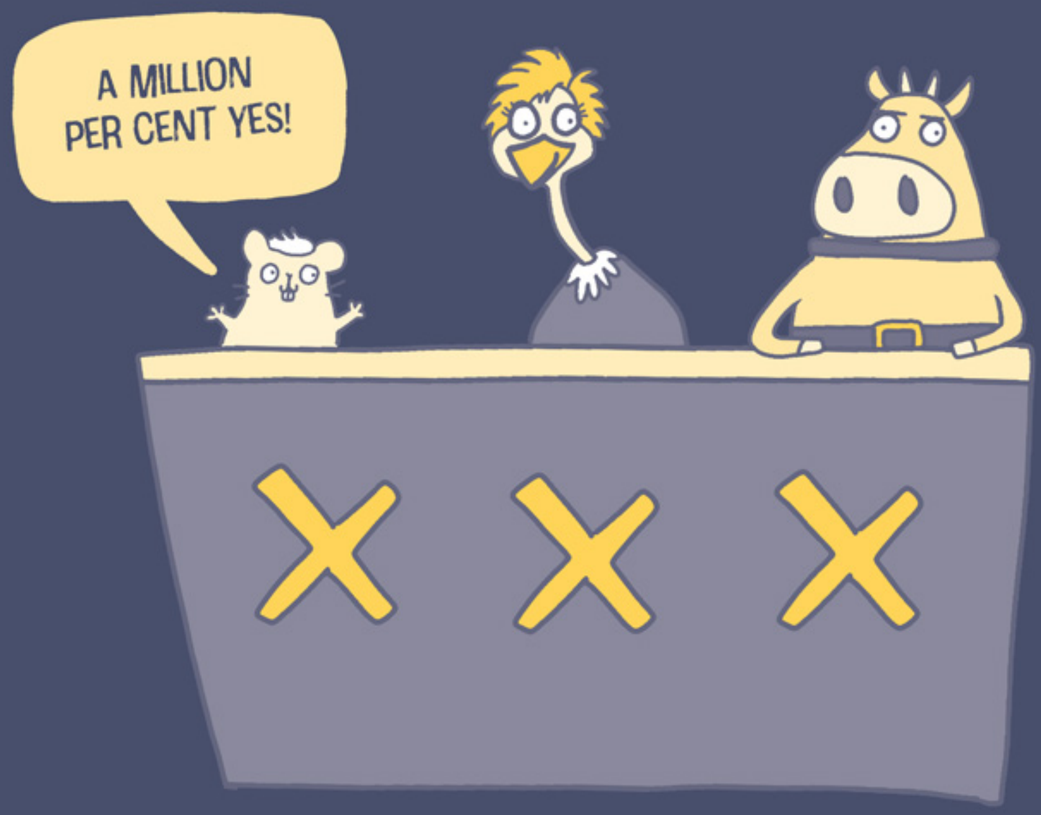
# WE CHALLENGE YOU

## Karaoke spectacular

Singing in the shower! Singing in front of the mirror! Singing alone or together! Not only does it help with stress, but it's also a great way to express yourself. Try this super silly challenge and share the fun!

**Ant:** And if you haven't got a perfect singing voice, we've got news for you . . .

**Dec:** That makes it even **MORE** fun!




## HOW TO PLAY:

**You'll need:**
- Two bowls
- Pencils
- Scraps of paper
- Your voice!

### STEP 1:

On half of the scraps of paper, write down the names of songs that you all know (try to add at least 10). Put these in one bowl.

### STEP 2:

On the remaining scraps of paper, write down an extra challenge, something silly like 'Stand on one leg' or 'Use a different accent' or 'Do star-jumps'. Put these in the other bowl.

### STEP 3:

Take turns to close your eyes and pull one piece of paper from each bowl. Now put them together and get singing in a **VERY** silly way!



**DEC'S TOP TIP:** If you don't know all the words, just make them up!