



INTRODUCTION TO CUPPA

Cuppa used to be a little shy, and was unsure of himself as he lacked belief in himself. He always tried his best at everything, but sometimes he just needed a little support from his friends and teachers.

CUPPA needed to start believing in himself and start being confident, which is not being scared. One day, CUPPA went on a journey to the top of a mountain to find his confidence. During this journey he had to complete 10 Missions. At the top of the mountain, he changed completely and started to believe in himself. He was no longer scared of taking on challenges, he could make new friends in or outside school, he never gave up on any of his classroom tasks and he loved doing his best at school, and in life!

Would you like to take the same journey and reach the top of the mountain so you can become more confident and be your confident best at everything you do. Are you up for the challenge?

START

Can you draw your own face next to CUPPA and then make up a positive word to describe yourself **BUT** the word must start with the letter of your first name. ie Resilient Ross, Bubbly Bethany, Hard-working Henry, Kind Kiera....

You can't mention anything about your appearance....CUPPA will tell you why later on your journey!

Can you draw your Start Face next to the mountain and put a score next to it that shows how much you believe in yourself?



1



2



3



4



5

What is the number of your start face?

MISSION 1

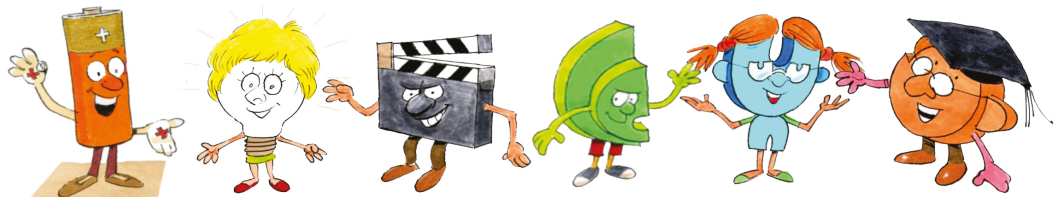
Can you put the names to the faces of my friends and my teacher?

Friends

Charlie Challenge
Ursula Uniqueness
Pete Positivity
Paula Perception
Ali Action

Teacher

Mr Confident



TIP - Why don't you practise first before you put the answers into your mountain poster?

MISSION 2

Can you put the sayings next to each of their names?

- Take a chance to learn.... it's a chance to challenge yourself =
- We can see the same thing..... in different ways =
- Action Changes Everything (ACE) ...it helps you find where you are in your learning =
- Start positiveand finish positive =
- Celebrate you...there is only one of you =
- If you Believe it you will Achieve it =

TIP - Why don't you practise first before you put the answers into your mountain poster?



TAKE A BREAK AND PLAY GUESS THE CHARACTER ON THE REVERSE SIDE OF THE MOUNTAIN!

MISSION 3

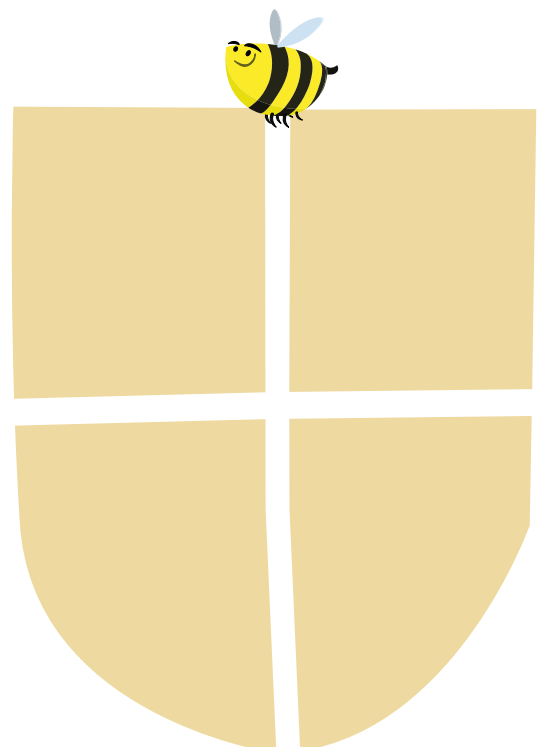
How does Charlie Challenge help me  my confident best?

- Charlie takes on challenges to see how much he has learned. Even if things don't go right, or he gets a little scared, he can always use his Special Super Power called Resilience Roar.
- Resilience is either the ability to keep going with your challenge OR a chance to stop and reflect on what you need to do to beat your challenge – maybe get some support from your friends or the teacher?
- If you get stuck with your challenge, what would Charlie Challenge say to you?.....
- My Special Super Power Resilience Roar looks like this....(draw it in Mission 3 box)

MISSION 4

How does Ursula Uniqueness help me  my confident best?

- She values herself and never compares herself to anyone else. She has her Special Super Power called Qualities and Achievements Shield.
- Her Qualities could be her kindness, her ability to listen, or her ability to ask questions and her Achievements could be that she won a race, passed an exam or read a book.
- If you had difficulty seeing your own Qualities and Achievements, what would Ursula Uniqueness or Mr Individual say to you?
- My Special Super Power Qualities & Achievements Shield looks like this.... (Fill in 3 of your Qualities and Achievements in Mission 4 box ...then get a friend to say something about you in one of the boxes)



TAKE A BREAK AND PLAY GUESS WHO I'M TALKING ABOUT ON THE REVERSE SIDE OF THE MOUNTAIN!

MISSION 5

How can Pete Positive help me  my confident best?

- He always looks for the positive in each situation and tries to see the good in everything. He has his Special Super Power called Battery Charger.
- He uses his Battery Charger when he comes across negative feelings or situations to create a positive charge.
- If you had difficulty seeing the positives in a situation, what would Pete Positivity or Ms Brightside say to you?
- My Special Super Power Battery Charger looks like this....(draw it in Mission 5 box)

MISSION 6

How does Paula Perception help me  my confident best?

- She always looks for the positive in each situation and tries to see the good in everything. She has her Special Super Power called Invisible Eye.
- She uses her Invisible Eye when she needs to see what is really happening.
- If you had difficulty with seeing or interpreting something, what would Paula Perception or Mr Many Views say to you?

My Special Super Power Invisible Eye looks like this....

MISSION 7

How does Ali Action help me  my confident best?

- He always looks to try things out by doing action. He has his Special Super Power called ACE ometer.
- He uses his ACE ometer when he needs to find out how much progress he has made as Action Changes Everything.
- If you had difficulty in asking a question because you're nervous or completing a task because you're a bit tired, what would Ali Action or Mr Just Do It say to you?
- My Special Super Power ACE ometer looks like this....(draw it in Mission 7 box)



MISSION 8
PLAY GAMES 3 & 4 AND LEARN!
BINGO & FIND THE OPPOSITE CARD



MISSION 9

Find the missing words

Use the words below to fill in the missing word gaps. Maybe practise first?

I had to myself. I always had to keep going on my journey and I did this by valuing myself & Sometimes things did not go right and I was sometimes scared, so I had to be I always tried to turn a situation into a outcome. On my journey, I was tempted to But I remembered that my would help me see the to a situation. Every time I had I decided to be

Jump to Conclusions • Challenge • Positive • Negative • Invisible Eye • Fear
Invisible Eye • ACE • Confident • Qualities • Achievements • Truth

MISSION 10

THE BIG SECRET

Confidence is not being scared to take on Challenges, believing in our Unique selves and not being scared of what others say, being Positive, being able to see the views of others or their Perception and just doing Action to show people what you can do. Can you guess how CUPPA got his name?

Write your answer in box 10 at the top of the mountain.



What smiley face and number are you now?

What have you learned from helping CUPPA on his journey?

.....
.....

Signed by Teacher/Parent

What would CUPPA say about you now?

.....
.....

