A LITTLE BOOK OF WHO MY STAR IS

My Star's Bright Spots

A strengths scrapbook for interests, joyful moments and things worth remembering



This is not about collecting achievements. It is a place to celebrate the many ways your Star is wonderfully themselves.

Add a drawing, photo, note, favourite phrase or small memory. Your Star can help create it, or you can keep it as a private family scrapbook. There is no right order and no need to fill every space.

Things I love and want to explore

Interests can be a source of joy, comfort, creativity and connection. Follow your Star's lead and let their interests grow.

My Star is interested in:

A topic they could talk, think or play about for ages:

A way we can enjoy this interest together:

> **A special interest does not need to be turned into a lesson. Enjoying it together is enough.**

Ways my Star shines

Strengths are not only school achievements. Notice the qualities, skills and ways of being that matter to your Star.

[ ] Curious
[ ] Caring
[ ] Observant
[ ] Persistent
[ ] Creative
[ ] Kind to animals or people
[ ] A strength of their own
[ ] Imaginative
[ ] Funny
[ ] Brave in their own way
[ ] Thoughtful
[ ] Good at noticing patterns
[ ] Knows when they need a break

A strength I noticed and what happened:

Something my Star would say about themselves:

Little moments that matter

Capture an ordinary moment you want to remember. Small details can hold a lot of meaning.

A moment that made us smile, wonder or feel close:

What my Star was doing, noticing or choosing:

A picture or drawing could go here:

You can write the memory in your Star’s words, if they would like you to.

A page made by my Star

Invite your Star to make this page in a way that suits them. They could draw, write, stick on a picture, choose colours, tell you what to record, or leave it blank.

A favourite thing right now:

Something I would like grown-ups to know about me:

A hope, idea or question I have:

A place for a picture, symbol or doodle:

Let your Star choose what stays private and what they would like to share.

This scrapbook celebrates identity and connection. It is not a progress chart or assessment.