

Seen, Heard, Loved

An activity of "Tee and Boba".

Read "Tee and Boba" (page 28, *What's Up* July 2025). When Tee takes a long time to find him, Boba asks, "Am I even real if nobody sees me?" Boba is relieved when Tee does see him. But, even when Tee couldn't see Boba, Boba was real — he was very much there. This is an important lesson for all of us. What matters is that you see, hear, and love your inner being.

1. Complete, in point form, this visual about yourself.



- Now, share the good you see in your classmates through a Round Robin. Sit in a circle. Each student gets a copy of the following Affirmation Sheet. Write your name on top, then pass your sheet to the student on your left. Rotate the sheets anticlockwise. Each student gets 30 seconds each round to jot down an affirmation per classmate until all are completed.

Others See Me

(NAME)

I admire how you...

Your superpower is:

You help others by...

I learned from you that...

I like your...

You have a gift for...

Thanks for:

Thanks for:

I'm glad you're my friend because:

You help others by...

You're someone who...

You made me smile when...

I like your...

You're special because...

You stand out because...

You're so good at...

I admire how you...

You surprised me when...

You're so good at...

I'm glad you're my friend because:

You helped me once by...

A word to describe you:

Your superpower is:

I learned from you that...

You're special because...

I trust you because...

You're someone who...

I like the way you...

You made me smile when...

A word to describe you:

You have a gift for...

You surprised me when...

I trust you because...

You stand out because...

You helped me once by...

COMPLETE THE SPEECH BUBBLES WITH KIND WORDS.

3. Revisit the “I See Me” sheet. Read the “Others See Me” affirmations in the second sheet. Then, write a letter to yourself. Based on the two earlier parts, here are some prompts linked to the earlier activities:

- I saw something special in myself today:
- I didn't realise others saw me as someone who...
- When I read what others said about me, I feel...
- I want to remember this about myself when I feel invisible:
- Even if no one sees it, I know that I...



The worksheet features a vibrant, hand-drawn border with a pink background. The border includes a rainbow, a smiling sun, various flowers (pink, orange, yellow), a pencil, and a green rabbit. The title "A Letter to Myself" is written in a pink, cursive font and is underlined. The central part of the page is a large white rectangle with rounded corners, containing 25 horizontal grey lines for writing.