




# Jessie The Jaguar Activity Sheet

"Jessie the Jaguar" encourages children to learn about their self belief, achievement, passion, dedication and drive with a healthy sense of competition. These activities have been designed to explore different aspects of the P2 Intelligence Centre.

You may need to offer encouragement to your child to help them complete the activities. Praise their efforts and be patient as they may need to work out their responses and how they are feeling. If they don't feel like doing an activity then you can come back to it another day.


It is a good idea for you and your child to complete the activities together so then you will both be on a learning journey. To help your child do the activities, remember to share how you are feeling and thinking while you are doing them.

When you see this symbol  explore with your child how they think, how they feel and how their body responds, in relation to the activity.


We trust you and your children will find this journey as rewarding as we have!

## Jessie The Jaguar Activities:


### Page 1

1. Tell me about when you feel competitive. 


### Page 2

2. What things are you eager to try? 
3. What would you love to prove you could do?
4. What is something BIG you would like to do?


### Page 3

5. When do you feel the most powerful? 
6. When do you feel like a 'big person'? What is it like for you?

### Page 4

7. Tell me about a time when you were determined to prove you could do something by yourself. 
8. Tell me about how you felt when you had achieved something you found hard to do.


### Page 5

9. What have you tried doing, even though you hadn't done it before? 
10. Can you remember some tips or ideas someone has shared with you in helping you do something new?




# Jessie The Jaguar Activity Sheet


Continued... Page 2

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## Page 6

11. What is something that you couldn't remember exactly how to do but you tried anyway? 
12. What is something you would like to have a try doing on your own, either today or tomorrow?  
*Organise a suitable time.*


## Page 7

13. Tell me about something that you love to do which is really fast. 



## Page 8

14. *Place a soft toy on the floor and sit around it. Put your hands behind your back. Now count 1, 2, 3 together and see who can grab the toy first. The person who grabs it first has to shout for joy (Yippee!)*
15. Tell me about a time when you felt proud of what you had done. 


## Page 9

16. Tell me something you really want to do and you want to keep trying until you succeed. 
17. Can you remember a proud feeling you have had before? Do you think this feeling can help you achieve next time? Tell me about how this felt for you.

## Page 10

18. Can you think of a time when you had a cunning (strategic) plan? 
19. Is there something you would like to keep all for yourself? 


## Page 11

20. How do you feel when you are really, really busy doing lots of things very fast? 
21. *Place some floating toys in some water then have a competition to see who can catch the most toys in 10 seconds.*



# Jessie The Jaguar Activity Sheet



Continued... Page 3

When you see this symbol  explore with your child how they think, how they feel and how their body responds, in relation to the activity.


## Page 11 continued...

22. Have you sometimes been so busy doing something that you haven't noticed the other people around you? Tell me about what happened?

## Page 12

23. Tell me something you did which you think was amazing. 
24. How do you feel when others tell you that you've done a good job? How do you like to get praise?
25. What would you like to win at? How do you feel when you win? 

## Page 13

26. Tell me three things you are proud of. 
27. Make a trophy of something you are proud of? Hang it somewhere where you can see it.
28. Tell me what your top achievement is so far and how it makes you feel?

We trust you and your children are finding this journey as rewarding as we have!