

about

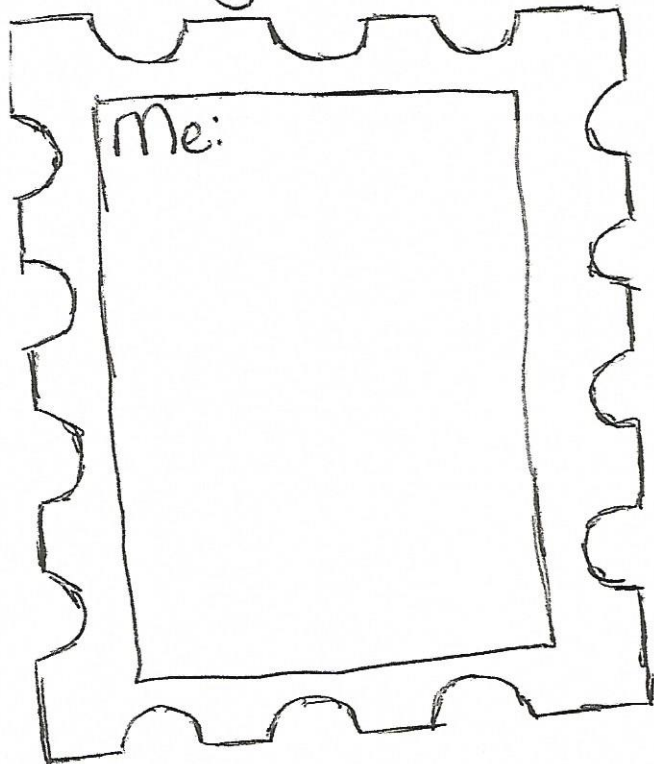
Something special
about me is...

me

Name: _____

Age: _____

Birthday: _____



Who is in my family...

3 words to describe me

1. _____

2. _____

3. _____

When I grow up I
want to be

Favourite:

Colour _____

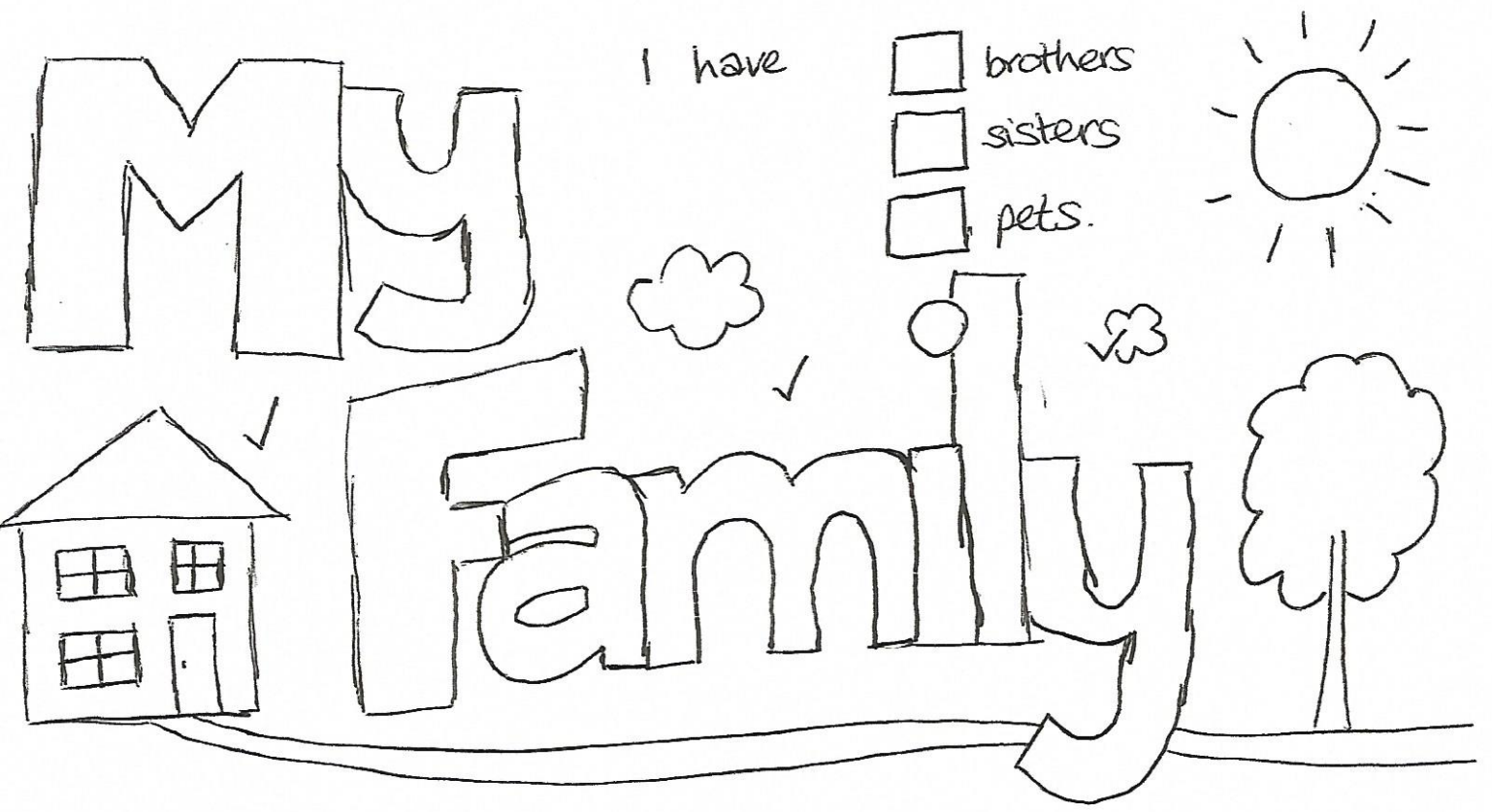
Book _____

Movie _____

Sport _____

Food _____

Animal _____



In my family is _____

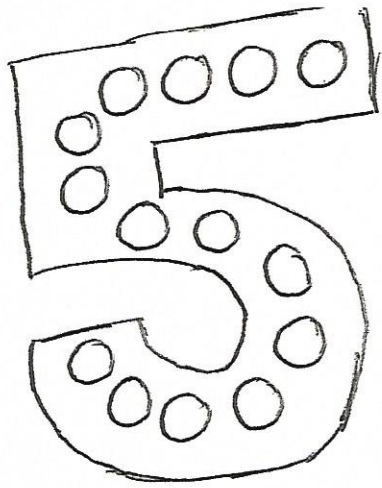
Something special about my family is _____

I think my mommy is _____

I think my daddy is _____

Other people I see lots who are family (or like family) are _____

One thing I would never change about my family is _____



Things I like
about myself.

1

2

3

4

5

count your
not your

Count your
not your

Count your
Rainbows
not your
Thunder Storms

count your
not your

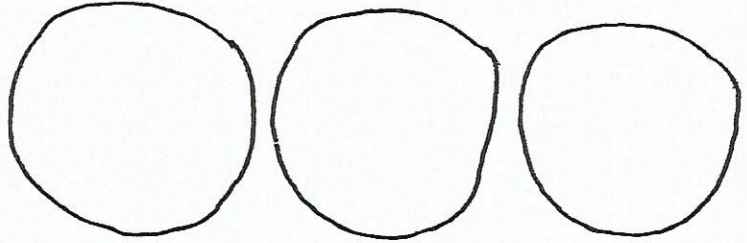
Count your
not your

I'm Grateful for:

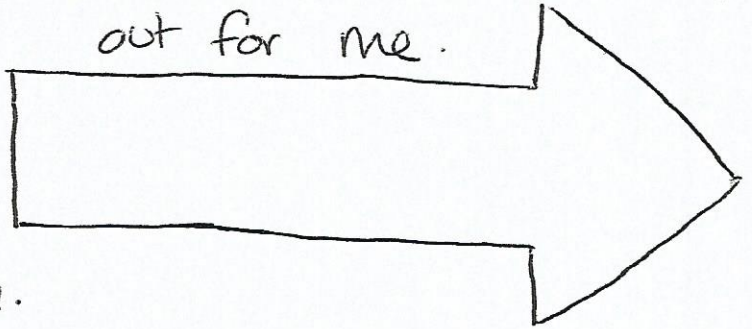
Relationships I'm thankful for.

1. _____
2. _____
3. _____
4. _____
5. _____

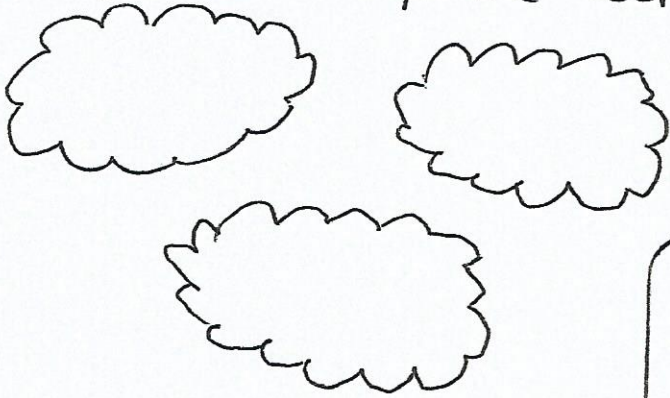
3 strengths



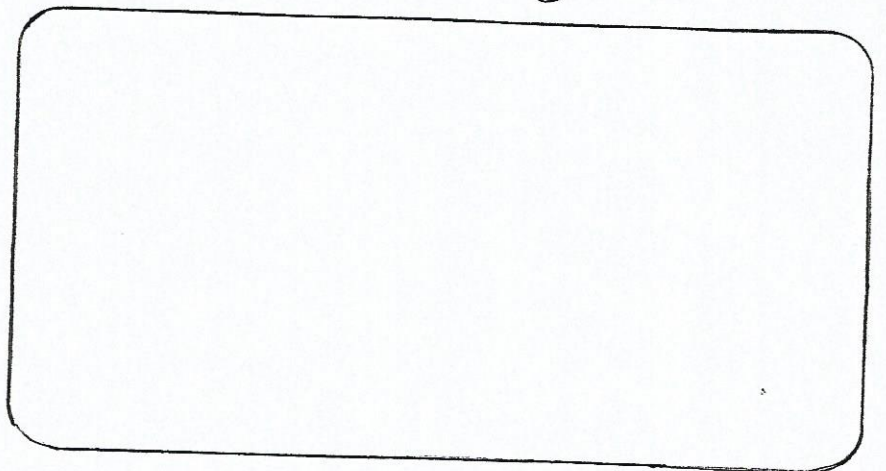
Someone who looks out for me.



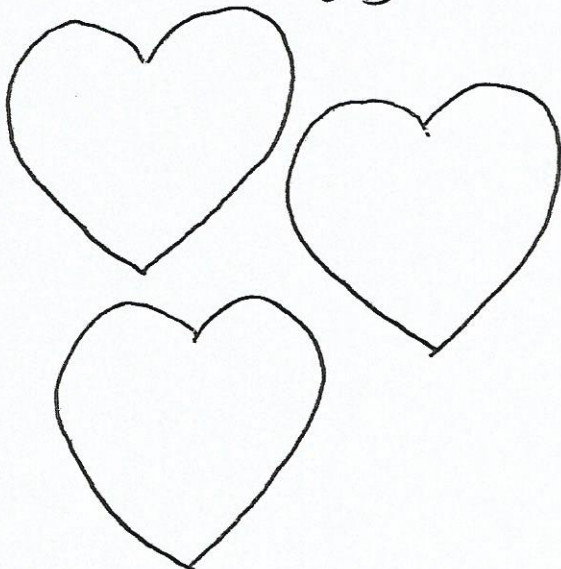
People that help me learn.



Good things about my health & body.



Activities I enjoy:

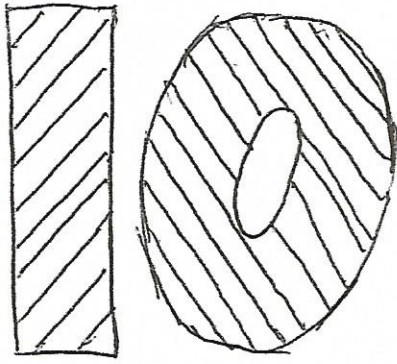


Special people who help me:

1. _____
2. _____
3. _____
4. _____

My Happy Space...

Imagine you are creating a perfect space where you can go and feel peaceful, calm and positive. In the box below, draw the things you would put in there, you can add words to the picture if you don't want to draw everything.



things I enjoy
about Brownies...

Pop

Spasia

fat

run in

me the

top

top