

The best things about **ME!**

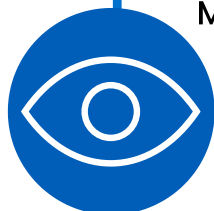
SOME THINGS I'M
GOOD AT ARE...



THINGS MY FRIENDS
LIKE ABOUT ME ARE...



THINGS THAT I LIKE ABOUT
ME ARE...



THINGS MY FAMILY LOVE
ABOUT ME ARE...



THINGS THINGS THAT I'M
PROUD OF ARE...



ONE UNIQUE THING ABOUT
ME IS...



The best things about **ME!**

Sometimes it can be difficult to think about our positive qualities. This work sheet is to give you a little bit of help with ideas.

SOME THINGS I'M GOOD AT ARE...



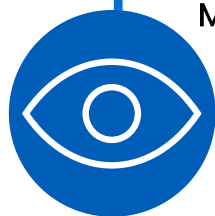
What are you good at in school? Are there any lessons you try really hard in? What hobbies do you do?

THINGS MY FRIENDS LIKE ABOUT ME ARE...



What do your friends say they like about you? Can you ask them?
What makes you a good friend?
Why do you think your friends are your friends?
What do your friends say you're good at?
What do you help your friends with?

THINGS THAT I LIKE ABOUT ME ARE...



You can fill out this box last if it feels tricky! Try filling out the other boxes first to get some ideas. Then you can pick at least three and add them here. Then you could include one about your favourite thing about your appearance.

THINGS MY FAMILY LOVE ABOUT ME ARE...

What things do your family love about you? Can you ask them?
Is there anything you do to help your family?



THINGS THINGS THAT I'M PROUD OF ARE...

What's something really big you've achieved?
What's something really small you've achieved?
What's something good you've done in the last week?



ONE UNIQUE THING ABOUT ME IS...

What's something that's special about you?
Is it something you can do?
Is it something you've experienced?
Something you've conquered?

