

Resource 1a (Activity 1) Who Am I?

Who Am I?

Circle these words or choose your own

Kind	Caring	Helpful	Hard working
Friendly	Sympathetic	A good listener	Sporty
Energetic	Patient	Cautious	Clever
Determined	Thoughtful	Musical	Artistic
Generous	Sensitive	Competitive	Reliable

Top 3 words that best describe who I am

- 1
- 2
- 3

What Can I Do?

Circle these words or add others

Make friends easily	Good at computers	Know when to say 'NO'
Complete my work	Make wise choices	Control my temper
Help others	Play an instrument	Good with numbers
Good with words	Good at sport	Know right from wrong

Top 3 things that best describe what I do

- 1
- 2
- 3

Resource 1b (Activity 1)

Who Am I?-continued

I Am Sometimes Also

circle what describes you

Bad tempered

Selfish

Unkind

Hurtful

Unfriendly

Rude

Silly

Thoughtless

Unsympathetic

Cruel

Mean

Ignore others

Only think of myself

Lazy

Unreliable

Impatient

Boring

Give up easily

(add more)

Top 3 words that best describe me

1

2

3

One thing I want to change is....

1

How I am going to change?

1

2