

**Learning Outcomes:** By completing this task you will be able to:

- List your likes and dislikes.
- Get to know more about your strengths and weaknesses.
- Identify skills and personal qualities you want to develop.

## ACTIVITY SHEET (1) - Being Yourself

### Section A

1 The subjects I like best are \_\_\_\_\_

2 The subjects I like least are \_\_\_\_\_

3 My interests/hobbies are \_\_\_\_\_

4 I am good at \_\_\_\_\_

5 I am not so good at \_\_\_\_\_

6 I am happy when \_\_\_\_\_

7 At home I enjoy \_\_\_\_\_

8 I worry about \_\_\_\_\_

9 At weekends I usually \_\_\_\_\_

## ACTIVITY SHEET (2) - Being Yourself

### Section B

Circle all the qualities that best describe you.

HEALTHY

Energetic **Thoughtful**

helpful

honest

**Generous**

*caring*

**punctual**

Tidy

Intelligent

careful

**HARDWORKING**

lively

determined

Even-tempered

**Quiet**

Witty

Observant

Patient

*Cheerful*

Practical

*Friendly*

Talkative

**Popular**

Reliable

Happy

### Section C

By the end of the year I would like to (e.g. improve my spelling).

I could do this by (e.g. going to spelling workshops on a Tuesday lunchtime).



**STOP!**

This means YOU.

## NAME

## FEELING CLUES

10

Blind rage

Slapping, pounding fist,

9

Boiling over

Throwing things

8

Danger ahead

Thoughts of revenge

7

Feeling angry

"I'm a slave."

6

Resentful

"Can't someone help?"

5

Tense stress

Head pounding

4

Okay Stress

"Staying strong."

3

Liking it

"In a groove."

2

Feeling good

Doing for me.

1

Sea shore calm

Relaxed, smiling



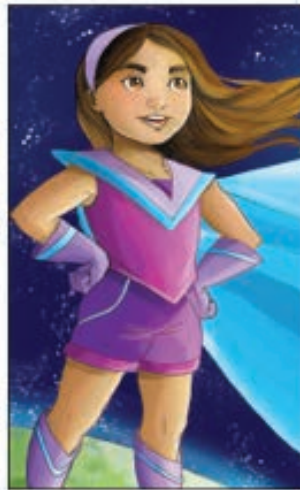
Can you figure out what the girl is feeling? Here are some words for emotions to choose from:

Worried  
Angry

Confused  
Sad  
Lonely

Left out  
Hurt  
Surprised

Excited  
Proud  
Happy



# Need-VS-Want Swat

## Need?

- Clothing
- Name Brand Clothing
- Television
- Going to the movies
- Computer
- Internet
- Cell phone
- Text messaging
- Make up
- Video Games

## Want?

- Car
- House
- Ipod
- Going on vacation
- Food going out to Dinner once a month
- Going on Dates
- Four Wheelers
- Shopping
- Snowboarding

# Needs and Wants

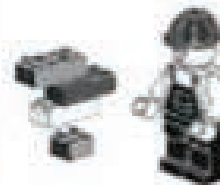
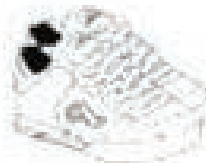
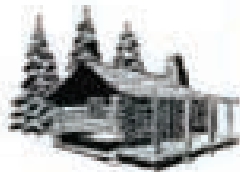
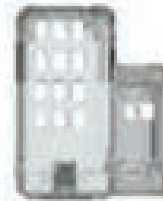
(Cut up the categories and examples and glue in a file folder, portfolio, or on a sheet of paper)

## Need:

Something you must have to stay healthy and safe.

## Want:

Something you enjoy and want to have, but is not a need.



**Instructions:** Your job is to teach "Think-Feel-Do" to your special adult. Read the situation to your special adult. Discuss together what each person might be thinking **about the situation** based upon each face, and then fill in your responses. Continue discussing and filling in how they might feel and what they might do if they were thinking those thoughts. Finally, both of you sign this sheet, and return it to school.

### SITUATION:

You are scolded by your mother on not completing the task



THINK \_\_\_\_\_

FEEL \_\_\_\_\_

DO \_\_\_\_\_



THINK \_\_\_\_\_

FEEL \_\_\_\_\_

DO \_\_\_\_\_



THINK \_\_\_\_\_

FEEL \_\_\_\_\_

DO \_\_\_\_\_

Signed:

\_\_\_\_\_

Student

\_\_\_\_\_

Special Adult

## **Role Play**

Your best friend has started playing with someone else at recess. When ever you ask to join, they tell you that they already have enough people.

## **Role Play**

Your friend has started calling you a nickname that you do not like. You have asked them to stop, but they laugh and tell you that they are just trying to be funny.

## **Role Play**

Your friends are planning on hanging out after school. When you asked where everyone was meeting, they told you that you were not invited.

## **Role Play**

You overheard one of your friends calling you stupid after you gave the wrong answer in class.

## **Role Play**

You told one of your friends some of your secrets. You just found out that they told some of the other kids in your class.

## **Role Play**

Your friend was supposed to spend the night at your house, but they called and said their mom wouldn't let them come over. On Monday, you found out that they spent the night at someone else's house.