

All About Me



You are amazing just as you are.
This is a space to celebrate who you are,
what you like and what makes you, you.



This is me!

Draw a picture of yourself.



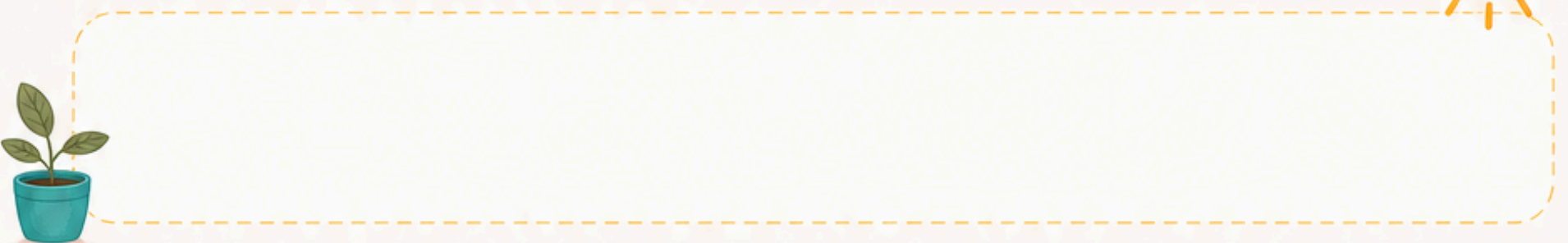

My favourite things

-  Colour: _____
-  Food: _____
-  Animal: _____
-  Book: _____
-  Activity: _____



Things that make me happy

Draw or write the things that make you feel happy.




I am good at...

Write or draw the things
you are good at.




My kind and caring side

Draw a picture of you
being kind or helping
someone.




People who are important to me

Draw or write the names of people
who are important to you.




When I need help

Who can you talk to when you feel
worried, sad or upset?
Draw or write their names.




You are unique. You are valued. You are enough.

