

Identity

Goal

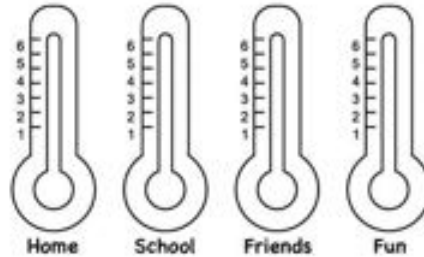
Discover who I am. Having a healthy sense of your own identity will build your confidence.

Check-in with yourself



Comment

How is your life today?
Rate the different parts of your life.
Color up to 6 if it's great.
Color up to 3 or 4 if it's okay.
Color up to 1 if it's terrible.
Could these numbers change? Yes or No



Introduce yourself



Write

What is your first name? _____
What is your last name? _____
Do you have a nickname? _____

Express yourself



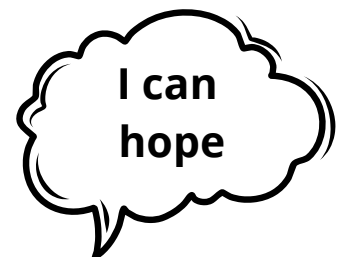
Create

1. Use your favorite color(s) to write your name in the cloud.
2. Think of words that describe you. (Think of what you look like, how you act, and what you enjoy!)
3. Now find words that start with each letter in your name that says something about who you are.
4. Write each word on a strip of paper.
Glue each strip under the correct letter in your name.



Affirmations

Repeat truths to yourself!



Health

Goal

To learn that I am responsible for creating healthy habits in my life

Positive Attitude

Write

Have you ever heard the saying, "When life gives you lemons, make lemonade"? What does this saying mean to you?



Reflect

Write

Think back over the past week about what you ate and drank, when you went to bed and got up, time spent outside, and how much physical exercise you got each day. In the table below, fill in the data that correspond with each of your daily activities. If you can't remember exactly, estimates.

Day of the Week	Wake-up time	Hours spent outside	Physical Exercise (hrs. & min.)	Glasses of water	Last activity of the day	Bedtime
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Pick a Physical Activity:



Community

Goal

To value and respect all people.



Write

Write actions that you will do to show kindness to others inside each cloud.



Reflect

How can you make kindness a daily part of your life?
How do you feel on the inside when you are kind to others?
How do you feel when you see others being kind to each other?



Play

That's Me!

Take turns standing in front of the group and share a fact about yourself.
When someone says something that is true about you, stand up and yell,

"That's me!"

Did you learn anything new about your classmates?

Do you have anything in common with them?

Observe

Can you guess what each sign means?



Environment

Goal

To understand my responsibility in taking care of nature.

Observe

Circle the **environment** that you want to live in. Why?

Cross out the environment that you would not want to live in. Why?



Act

Work with a partner to list examples of ways YOU can apply the 3 R's to your daily routine.

REDUCE

REUSE

RECYCLE

Collect trash in your yard or around your school and put it in its proper bin, or take it to a recycling center in your town. Make a list of what you found and where it belongs.

GLASS

CANS AND PLASTIC

CARDBOARD AND PAPER

ORGANIC



Act

Consider your community. List ways that you have seen people help your community and its resources, or ways people have harmed it.

My Community

Helping:	Harming:

Economics

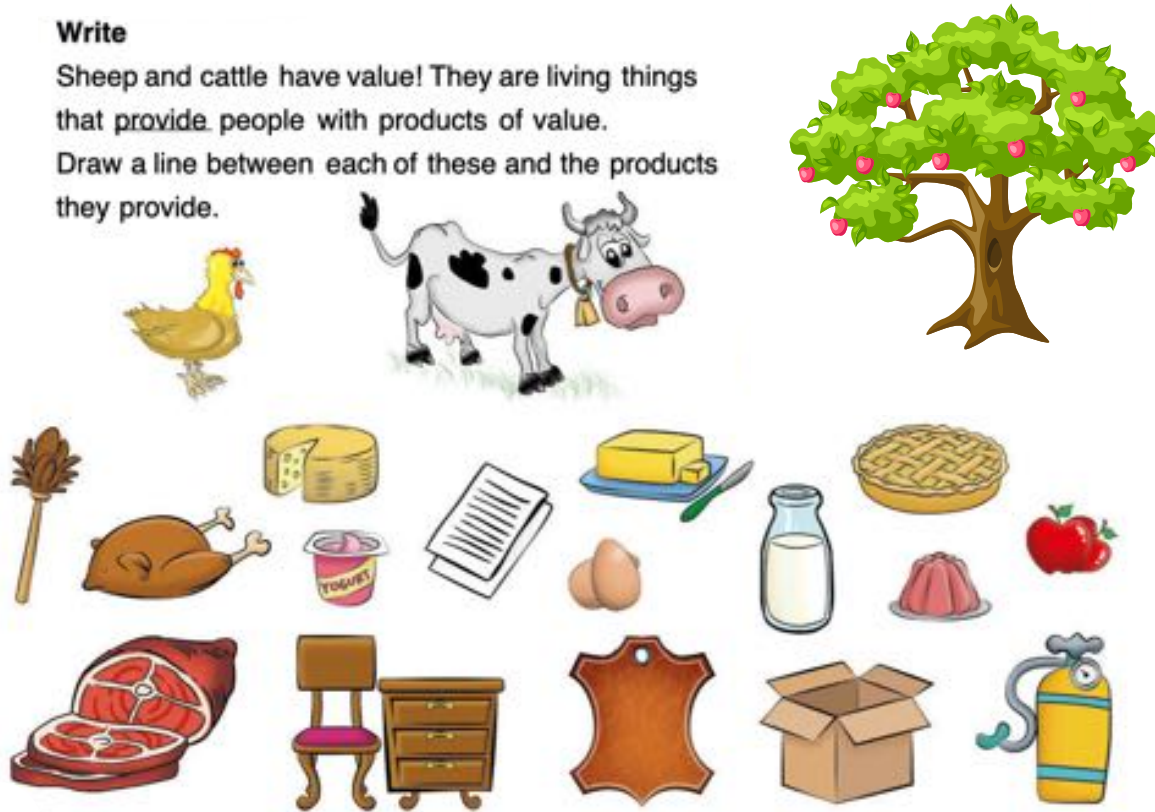
Goal

To learn to be responsible with money and understand its value.



Write

Sheep and cattle have value! They are living things that provide people with products of value. Draw a line between each of these and the products they provide.



Create:

Make a bank out of a water bottle, tissue box or toilet paper roll. Decorate it with paper, paint, glitter, or draw what you are saving for. Use it to start saving your money for something you really want.



Understand

There are important items we need that help us to live, such as food and clothes. There are many things that we want, but without them we can still be happy. It is important to spend money on the things we need and save thoughtfully and patiently for the things we want.