



Introduction (5 minutes)

Welcome to the "All About Me" worksheet! This activity is designed to help you learn more about yourself and your place in the world. You will have the opportunity to reflect on your strengths, weaknesses, and interests, and to share your thoughts and feelings with your classmates.

My Self-Portrait (15 minutes)

Draw a picture of yourself and write a short paragraph describing your personality, interests, and strengths.

1. What do you like to do in your free time?

2. What are your favorite hobbies?

3. What are some things that make you unique?

My Family and Friends (15 minutes)

Write about your family and friends. Who are the people that are important to you? What do you like to do together?

1. Who is your favorite family member and why?

2. What do you like to do with your friends?

3. What are some things that you appreciate about your family and friends?

My Strengths and Weaknesses (15 minutes)

Think about your strengths and weaknesses. What are some things that you are good at? What are some things that you need to work on?

1. What are three things that you are good at?

2. What are three things that you need to work on?

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3. How can you use your strengths to help you overcome your weaknesses?



My Goals and Dreams (15 minutes)

Write about your goals and dreams. What do you want to achieve in the next year? What do you want to be when you grow up?

1. What is one thing that you want to achieve in the next year?

2. What do you want to be when you grow up?

3. What steps can you take to make your dreams a reality?

My Interests and Hobbies (15 minutes)

Write about your interests and hobbies. What do you like to do in your free time?

1. What are three things that you like to do in your free time?

2. Why do you enjoy these activities?

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3. How can you use your interests and hobbies to help you learn and grow?

My Feelings and Emotions (15 minutes)

Think about your feelings and emotions. How do you feel when you are happy, sad, or angry?

1. What makes you happy?

2. What makes you sad?

3. What makes you angry?

My Values and Beliefs (15 minutes)

Write about your values and beliefs. What is important to you?

1. What are three things that are important to you?

2. Why are these things important to you?

3. How can you use your values and beliefs to guide your decisions and actions?

My Community (15 minutes)

Think about your community. Who are the people that you interact with on a daily basis?

1. Who are the people that you interact with at school?

2. Who are the people that you interact with in your neighborhood?

3. How can you contribute to your community?

My Reflection (15 minutes)

Reflect on what you have learned about yourself. What are some things that you are proud of? What are some things that you need to work on?

1. What are three things that you are proud of?

2. What are three things that you need to work on?

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3. How can you use what you have learned to make positive changes in your life?

My Conclusion (10 minutes)

Congratulations! You have completed the "All About Me" worksheet. Remember that you are unique and special, and that you have a lot to offer the world.

1. What did you learn about yourself?

2. What are some things that you are looking forward to learning more about?

3. How can you use what you have learned to make a positive impact on the world?

