

**Student Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Due Date:** \_\_\_\_\_

### Introduction

Welcome to this exciting journey of self-discovery! This homework assignment is designed to help you recognize and identify your positive qualities and strengths, understand the impact of self-image on relationships and behaviors, and develop self-awareness and confidence through reflection and self-expression.

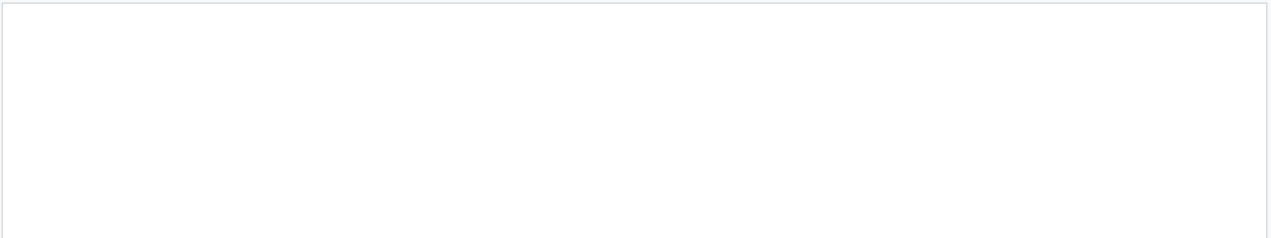
## Activity 1: My Strengths Tree

**Objective:** To identify and illustrate personal strengths and positive qualities.

1. Draw a tree with a large trunk, branches, and roots.
2. On each branch, write something you're good at or something positive about yourself.
3. The roots can represent things that help you feel strong and confident.
4. Decorate your tree with colors, symbols, or patterns that make you happy.



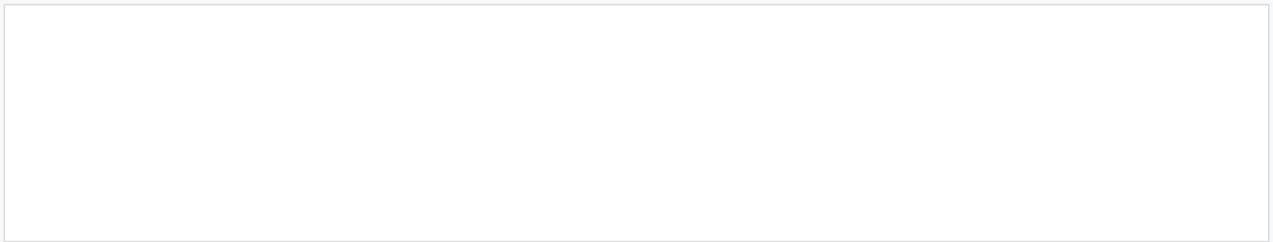
**Reflection:** Look at your tree and think about how these strengths and qualities make you feel. Write a short paragraph about what you've learned about yourself.



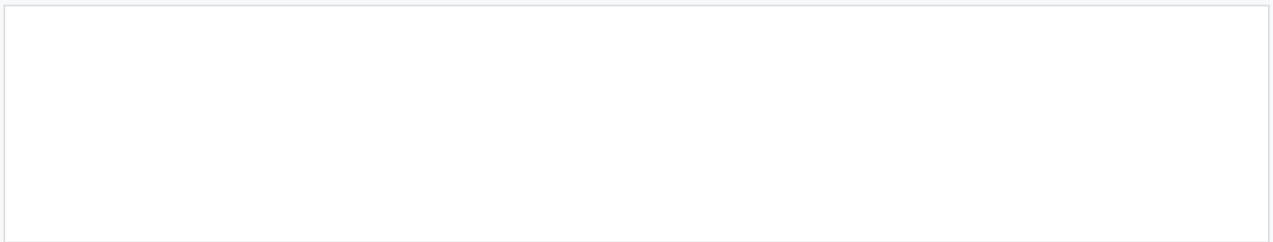
## Activity 2: Self-Image Collage

**Objective:** To visually represent self-image and its impact on relationships and behaviors.

1. Gather old magazines, scissors, glue, and a piece of cardboard or paper.
2. Flip through the magazines and cut out words, images, or colors that you feel represent you or how you want to feel.
3. Create a collage on your cardboard or paper.
4. Consider adding a background that represents your current self-image and then add the cut-outs on top to show how you aspire to grow or what you've learned about yourself.



**Reflection:** Write a short paragraph explaining your collage. What does it represent? How do you feel about yourself after creating it?



### Activity 3: My Reflection Mirror

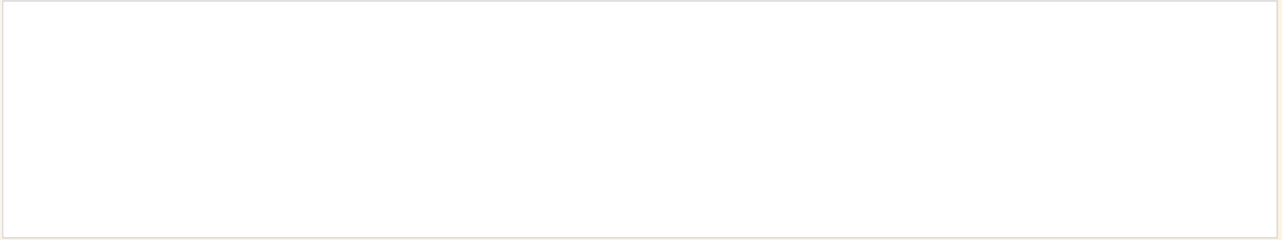
**Objective:** To develop self-awareness by reflecting on personal behaviors and relationships.

1. Imagine you have a magic mirror that shows you the best version of yourself.
2. Write a letter to yourself from the perspective of this mirror. What positive qualities and strengths do you see in yourself? How do these traits impact your relationships and behaviors?
3. Consider drawing the mirror and decorating it with qualities you admire about yourself.

**Reflection:** Read your letter aloud to yourself. How do the words make you feel? Are there any changes you'd like to make to be more like the person in the letter?

## Questions for Reflection

1. What did you learn about yourself from these activities?
2. How do you think your self-image affects your relationships and behaviors?
3. What are some things you can do to improve your self-image and confidence?

A large, empty rectangular box with a thin grey border, intended for the user to write their reflections on the questions provided above.

### Choose any combination:

1. **Journaling:** Keep a journal for the next week where you write down one thing you like about yourself each day. Reflect on how recognizing these qualities affects your daily interactions and feelings about yourself.
2. **Self-Image Interview:** Interview a family member or friend about what they think are your strengths and positive qualities. Compare their observations with your self-image. How do their perspectives make you feel?
3. **Self-Image Presentation:** Create a presentation about your self-image journey. Share your strengths, challenges, and goals with the class.

## Success Criteria

To successfully complete this assignment, you should:

- Have completed two main activities and reflected on what you've learned about yourself.
- Demonstrate an understanding of your strengths and positive qualities.
- Show how self-image can affect relationships and behaviors through your reflections or activities.
- Present your work neatly and creatively, reflecting your personality and what you've discovered about yourself.

**Support and Guidance:** Encourage your child as they explore their self-image. Be available to answer questions and provide guidance without influencing their reflections.

**Discussion:** After the assignment, take time to discuss what your child has learned. Ask open-ended questions to deepen their understanding and reinforce positive self-image.

**Displaying Work:** Consider displaying your child's work in a place of pride. This can help reinforce their sense of accomplishment and confidence.

**Extension at Home:** Continue the conversation about self-image at home. Share times when you've recognized your own strengths and how it has positively impacted your life. This can create a supportive environment where your child feels encouraged to explore and express their self-image openly.



## Conclusion

Congratulations on completing this journey of self-discovery! Remember that self-image is an ongoing process, and it's essential to continue exploring and learning about yourself. Keep being your amazing self and celebrating your strengths and positive qualities!