

ALL ABOUT ME

My Name is: _____.

I am _____ years old and was born on _____.

I am in _____ grade at school and my teachers name is

_____.

THIS IS WHAT I LOOK LIKE:
(please draw a picture of yourself)

THESE ARE THE PEOPLE IN MY FAMILY:
(please draw a picture of your family and include their names)

THESE ARE SOME OF MY FAVORITE THINGS:

Color: _____

Animal: _____

Food: _____

Drink: _____

Sport: _____

Movie: _____

TV Show: _____

Song: _____

Singer/Musical Group: _____

Thing to do: _____

Restaurant: _____

Season: _____

Time of day: _____

School subject: _____

Game: _____

Number: _____

Book: _____

HERE IS A PICTURE OF ME DOING ONE OF MY FAVORITE THINGS:

THERE ARE LOTS OF PEOPLE WHO HELP TAKE CARE OF ME!
(family, friends, teachers, doctors, nurses, maybe some other people too)

THESE ARE SOME OF THEM:
(please draw a picture of people that help take care of you)

I feel happy when: _____

I feel sad when: _____

I feel angry/mad when: _____

I feel scared when: _____

I feel embarrassed when: _____

I feel excited when: _____

I feel frustrated when: _____

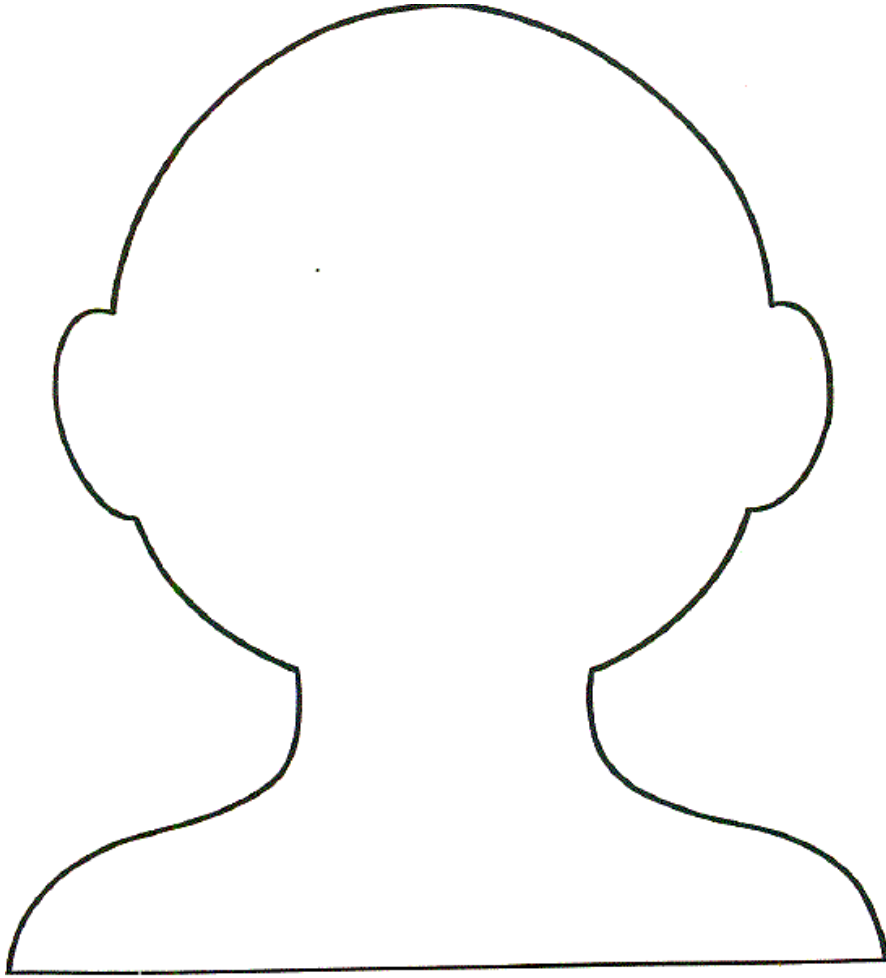
I feel left – out when: _____

I feel thankful when: _____

These are three things I am really good at:

1. _____
2. _____
3. _____

Colors & Feelings



People have lots of different feelings. Many times you can feel more than one feeling at the same time and as we know feelings change everyday! Colors can sometimes be associated with feelings. Often people have different connections to different colors; for example some people feel red is a color that represents anger, while others feel yellow represents happy. Take a few minutes to think about your own colors and your own feelings and then follow the instructions. Do this activity with an adult and find out if you share the same feelings and colors!

1. color in the below box and assign a color to a feeling
2. fill in the head above with the colors that represent how you are feeling right now.
 - Happy
 - Sad
 - Excited
 - Scared
 - Angry
 - _____ (fill this one with another feeling)