



Love Starts With Me!

A fun worksheet about the great things about me.

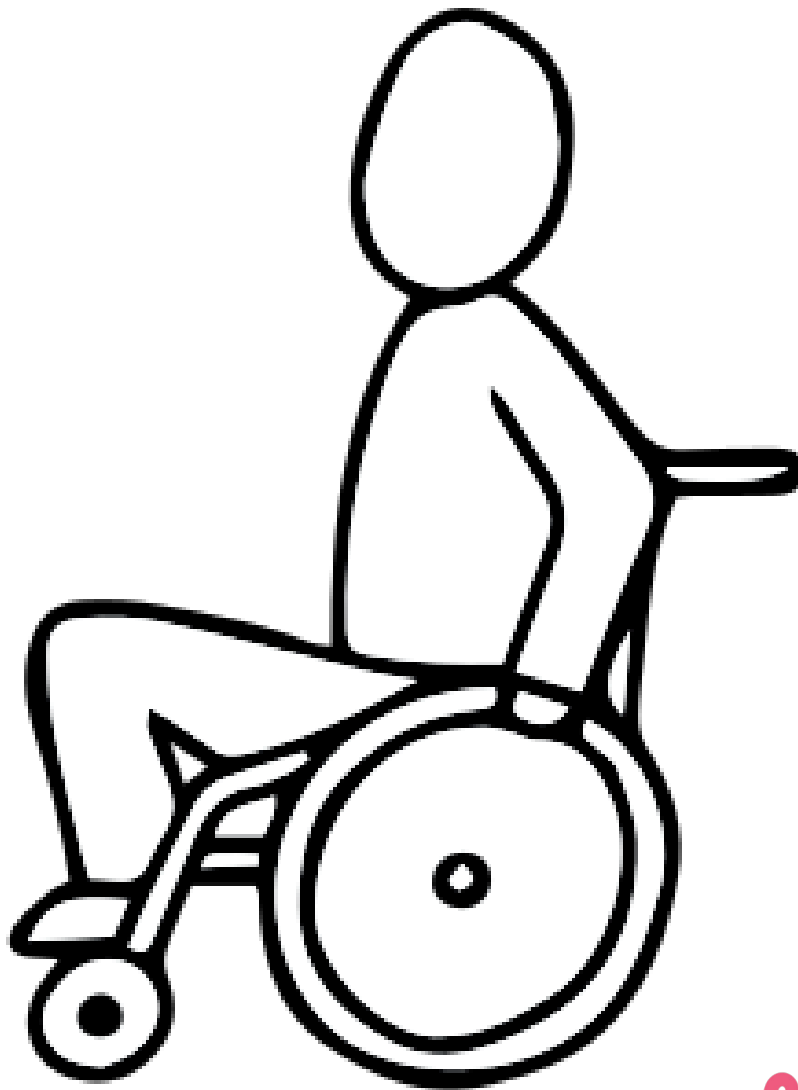
Step 1: This Is Me!

Use the person outline below to show who you are.

Inside the person shape, you can:

- Draw your face and hair
- Add clothes and your favourite colours
- Draw or write things you like about yourself

Make it look like you!





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Step 2: What I Like About Me

Part A: My Body

Your body is amazing! It helps you do so many things.

What do you like about your body?

What can your body help you do?

What makes you feel strong, proud, or happy?

You can:

- Write or draw on your person outline

OR

- Write your answers here:







Part B: I Am a Great Person

Think about what makes you kind, loving, or fun.

You can draw, write, or ask someone to help you.

I am: _____

I'm good at: _____

I try my best when: _____

I feel proud of: _____

Ideas:

"I'm a good friend."

"I'm funny."

"I help people."

"I care about others."

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