



11-12 YEARS | WEEK 17

Values Life Skills-Journal-Myself & Family

1. About myself

2. My portrait

3. Being responsible badge

4. Emotions in a scene

5. Family tree

6. Time out break

7. Odd one out

8. Self regulation

9. Wheel of emotions

10. Responsible

11. Belly breathing

12. Flower breathing

13. Would you rather?

14. What would you do?

15. 1 minute talk

16. Nature elements

17. Glossary

18. Household responsibilities

19. Unscramble

20. Chores time

About myself



Get to know yourself better.

In the below space, write down each letter of your name in vertical direction. Write a word that describes one of your positive traits for each letter. Example is given below.

Example: My name is Ajit and my positive traits are:

A	assertive
J	joyful
I	insightful
T	trustworthy

I am good at....



My family and
my sweet home



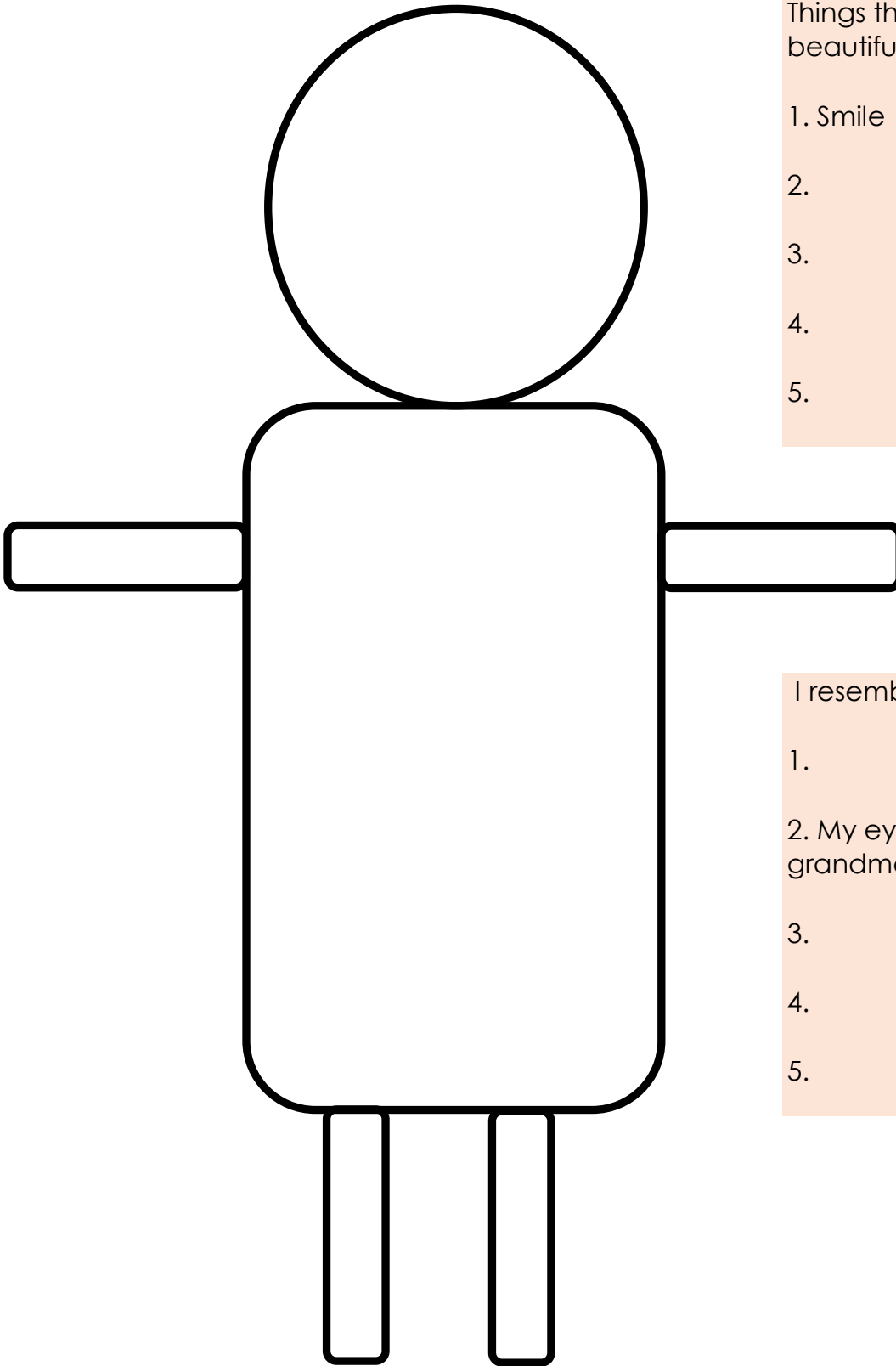
My hobbies

When I grow up, I want to be....

My portrait



Draw your portrait and write about it.



Things that make me beautiful.

1. Smile

2.

3.

4.

5.

I resemble:

1.

2. My eyes resemble my grandmother's eyes.

3.

4.

5.

Being responsible badge



Write down 10 tasks which make you a responsible child. Now you deserve a badge "I am a 'responsible child.'" Follow the below instructions to make your own badge.

I make my bed after I wake up.			

Cut and decorate
your being
responsible badge.
Put it on your room
wall or on a T-shirt.



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