



9-10 YEARS | WEEK 13

Values Life Skills-Journal-Myself & Family

1. About myself

2. Portrait

3. Being happy band

4. Looking forward

5. Family tree

6. Quietude

7. Odd one out- Mindfulness

8. My planner

9. Family square

10. Support system

11. Write- Height

12. Measure it- Height

13. Would you rather?

14. What would you do?

15. 1 minute talk

16. Self-awareness

17. Glossary

18. Dealing with teasing

19. Responsibility

20. Responsibility- Classroom

About myself



Get to know yourself better.

Look into the mirror and write
your five good behaviours.

My family

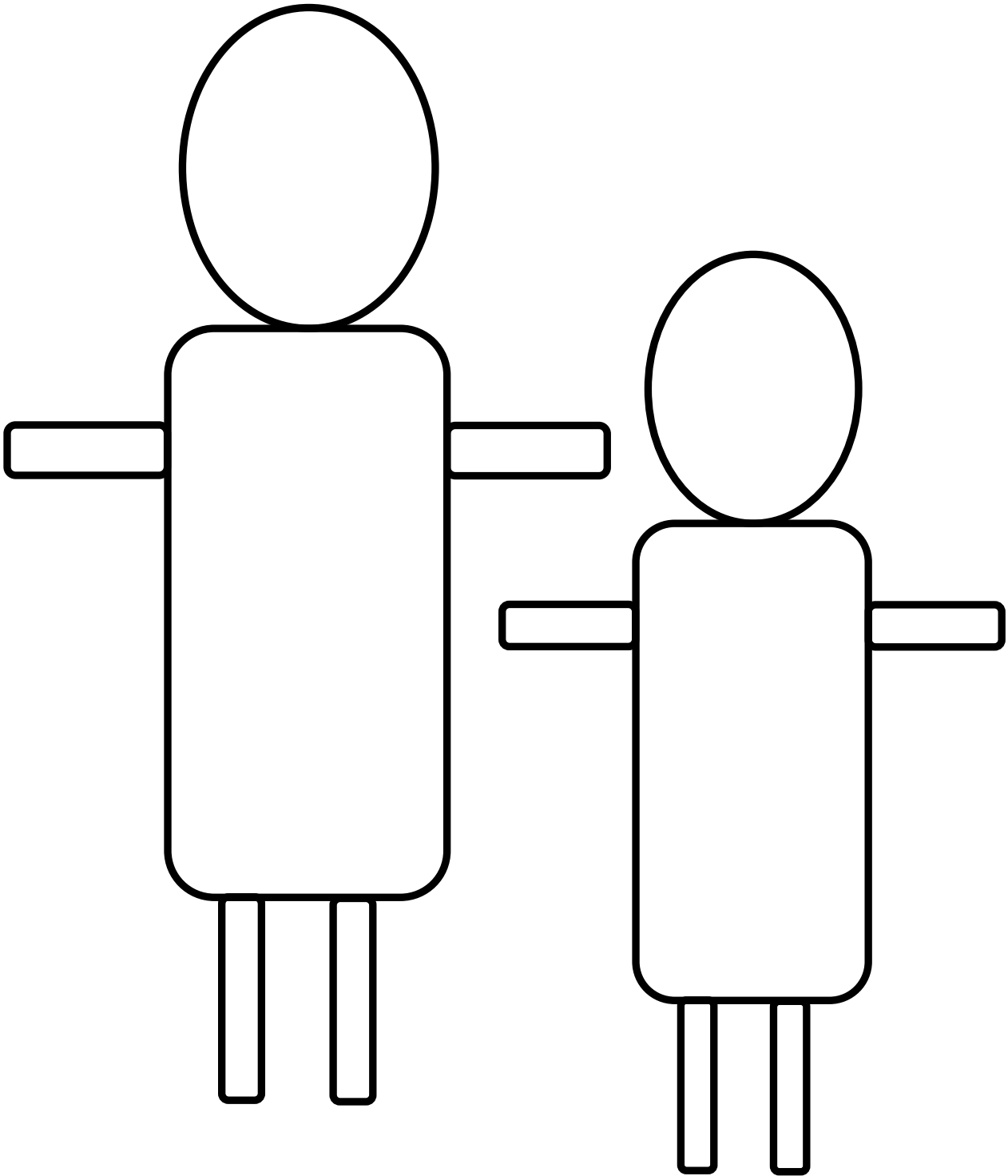
My favourite things

When I grow up, I want to be.

Portrait



Draw your and your sibling's portrait.



Being happy band



Write down 10 tasks that make you a happy child. A few examples have been done for you. Now you deserve a hand band syas "I am a happy child." Follow the below instructions to make your band.

| | | | |
|----------------------------------|------------------|--|--|
| I greet everone with a smile. | I talk politely. | | |
| | | | |
| | | | |



Cut both the pictures given above. Fix picture 1 on picture 2 at the centre with glue. Your band is now ready and you can put it on your hand.

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