



10-11 YEARS | WEEK 64

Values Life Skills - Journal - Myself

1. Values and life skills - Math & me

2. Creative expression - Myself

3. Creative expression - Better me

4. Creative expression - My best self

5. Creative expression - All about me

6. Values and life skills - All about myself

7. Values and life skills - I am responsible

8. Values and life skills - I love animals

9. Values and life skills - I am an artist

10. Values and life skills - My favourite time

11. Values and life skills - What makes me

12. People you care about

13. Bucket full of nature

14. My activities and attachment

15. Motivation in words

16. Values and life skills - True or false

17. Values and life skills - What will you say

18. Values and life skills - Puzzles

19. Awareness of surroundings

20. What will you choose?



MATHS & ME

I am _____ years old
I was born on ____/____/____
My favourite number is _____

My First Name _____
I have _____ letters in my first name.

My Last Name _____
I have _____ letters in my last name.

I am in Grade _____
I have _____ friends.

I have _____ family members.
Number of Men _____
Number of Women _____
Number of Children _____
Number of Pets _____
I have _____ rooms in my home.

I have _____ teeth now.
I am _____ cms tall.
My weight is _____ kgs.
I am starting this workbook on
____/____/____

I wake up at _____ : _____
I go to sleep at _____ : _____

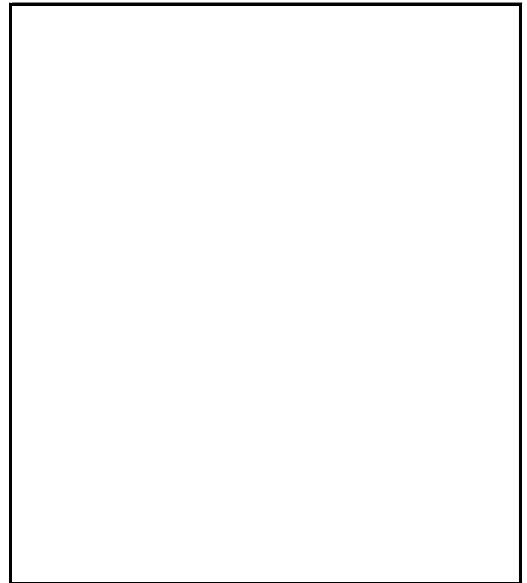
Creative Expression : Myself



Tell us all about you in words and drawing.

1. I am a girl / boy

2. I am _____ years old.



Draw yourself in the box above

3. I go to _____ School.

4. I am in class _____

5. My favourite hobby is _____.

(draw & paint your hobby)

Creative Expression : Better me



List 4 things you like to get better at and try drawing the same in the box below:

I'd like to get better at :

I'd like to get better at :

I'd like to get better at :

I'd like to get better at :

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