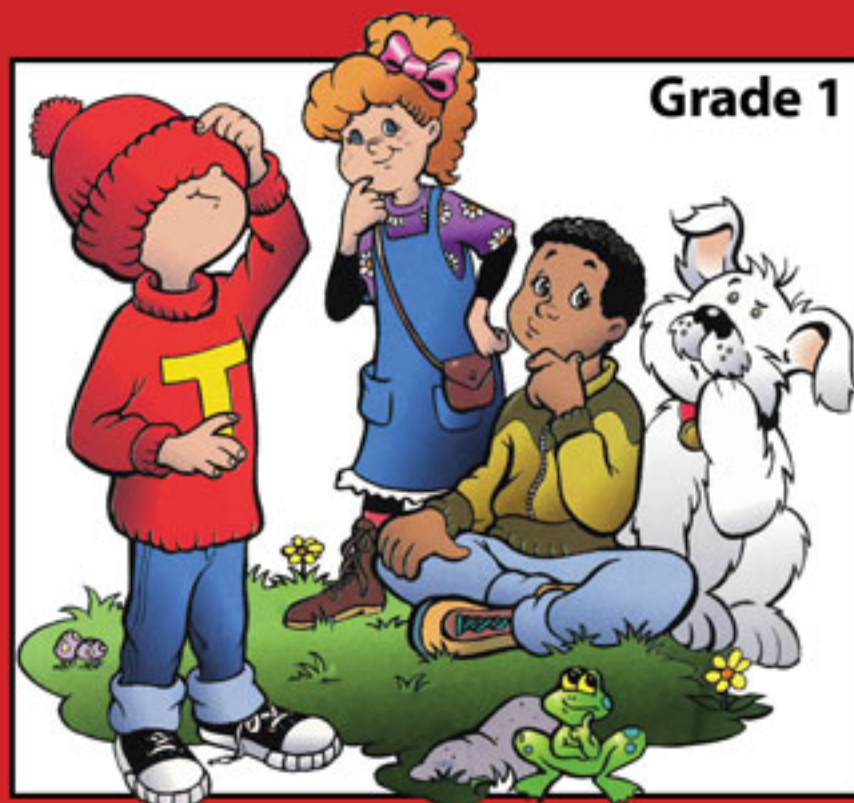


Strong Learning® SEL Program

All About Me



Linda Silbert, Ph.D. & Alvin J. Silbert, Ed.D.

NAME _____ DATE _____

Think about all the people you help. Think about what you do to help them. Draw a picture of yourself in the box. Then draw a line from you to the people that you help.

MOM



GRANDMA



DAD

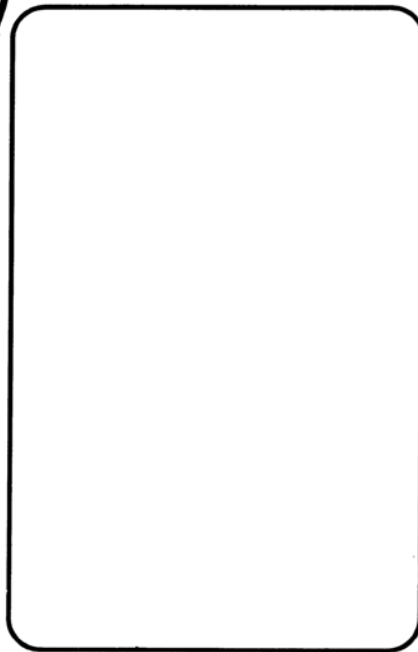
SISTER



BROTHER



ME



GRANDPA



FRIEND



NAME _____ DATE _____

Put an X in the yes box if you can do the exercise.
Put an X in the no box if you cannot do the exercise.



I can hop. YES NO



I can jump.



I can skip.

I can run.



I can walk.

I can dance.



I can ride a bike.

I can ice skate.



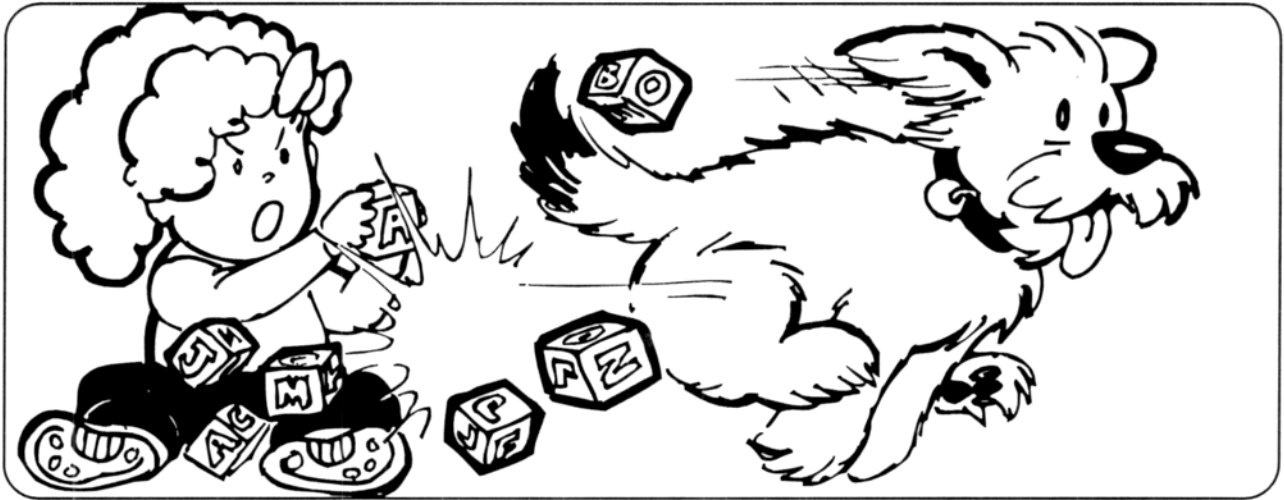
I can swim.

I can do gymnastics.



NAME _____ DATE _____

Color the picture story red if it would make you angry.



Color the picture story yellow if it would make you happy.



Color the picture story blue if it would make you sad.



NAME _____ DATE _____

I am proud when I do things for myself. There are many things that I do when I get ready to go to sleep at night.

Color the things that you do to get ready to go to sleep.

Brush teeth



Put on pajamas



Go to zoo



Ride bike



Put toys away



Wash hands and face