

Strong Learning® SEL Program

# All About Me



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NAME \_\_\_\_\_ DATE \_\_\_\_\_



We all go through times that cause us to become upset. Even fairy tale characters get upset. Little Red Riding Hood was upset by the big bad wolf. The three little pigs were also upset by a wolf. Little Miss Muffet was upset with the spider. Select any fairy tale or nursery rhyme. Pretend that you are the character who gets upset.

Write a story telling what you would do as that character to deal with the problem.

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NAME \_\_\_\_\_ DATE \_\_\_\_\_



**This is a list of my favorite things.**

My favorite animal \_\_\_\_\_

My favorite color \_\_\_\_\_

My favorite food \_\_\_\_\_



My favorite school subject \_\_\_\_\_

My favorite hobby \_\_\_\_\_

My favorite TV show \_\_\_\_\_



My favorite vacation \_\_\_\_\_



My favorite book \_\_\_\_\_

My favorite flower \_\_\_\_\_



My favorite car \_\_\_\_\_

My favorite movie \_\_\_\_\_

My favorite toy \_\_\_\_\_

My favorite game \_\_\_\_\_

My favorite holiday \_\_\_\_\_

My favorite comic strip \_\_\_\_\_



My favorite sport \_\_\_\_\_

NAME \_\_\_\_\_ DATE \_\_\_\_\_

Think of someone whom you trust enough to share a special secret.  
Who is this person? \_\_\_\_\_



Why can you trust this person? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How does it make you feel to know that you can trust this person?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw a picture of you whispering a secret to this person.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

**Put each food in the correct category.**

peas      hamburger      apple      potato  
tomato      chicken      carrots      cookies  
melon      bagel      oatmeal      milk      cheese  
spaghetti      butter      frankfurter  
marshmallows      ice-cream      grapes



**Meat** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Fruit** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Sweets** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Dairy** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Bread & Cereal** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Vegetables** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_