

Strong Learning® SEL Program

All About Me



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NAME _____ DATE _____

Write 5 things that happened during this week that made you feel like a useful and valuable person.

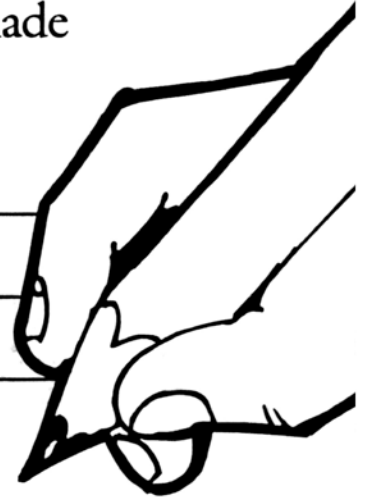
1. _____

2. _____

3. _____

4. _____

5. _____



NAME _____ DATE _____



We all go through times that cause us to become upset. Think about some of these times and write about one of them below.

Something that makes me upset is _____

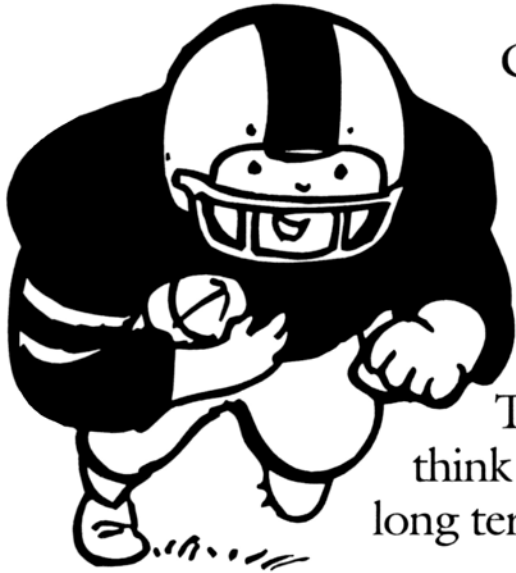
When this happens this is what I think. _____

When this happens this is how I feel. _____

When this happens this is what I do to make myself feel better.

Draw a picture of how you look when you're upset

A large, empty rectangular box with rounded corners, intended for a student to draw a picture of their own face when they are upset. The box is defined by a simple black outline.



Goals are something we want and will work for. There are short term goals and long term goals. For example, Tommy's long term goal is to become a professional football player. His short term goal is to learn how to throw a long pass.

Think about some of your own goals. As you think of goals, decide whether they are short or long term. Then write them in the space below.

Short term goals

Long term goals

Goal: _____

Goal: _____

Goal: _____

Goal: _____

Goal: _____

Goal: _____

Goal: _____

Goal: _____

Goal: _____

Goal: _____

NAME _____ DATE _____



Picture yourself in 10 years.

How old will you be? _____

What will you be doing? _____

Picture yourself in 20 years.

How old will you be? _____

What will you be doing? _____

Draw what you will
look like in 10 years.

A large, empty rounded rectangle with a black border, intended for drawing a self-portrait in 10 years.

Draw what you will
look like in 20 years.

A large, empty rounded rectangle with a black border, intended for drawing a self-portrait in 20 years.