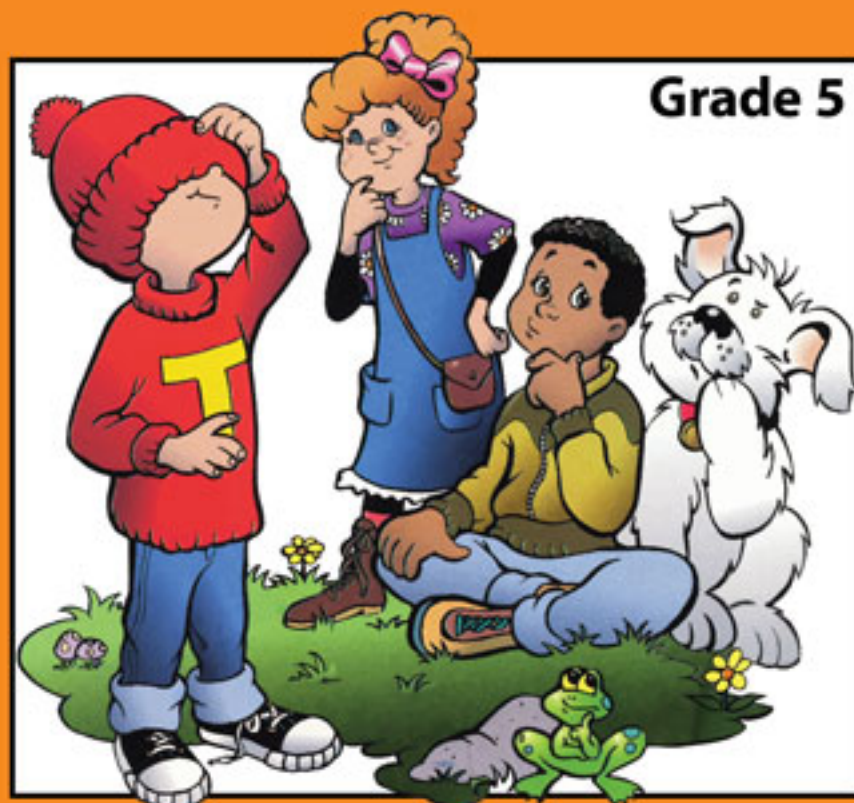


Strong Learning® SEL Program

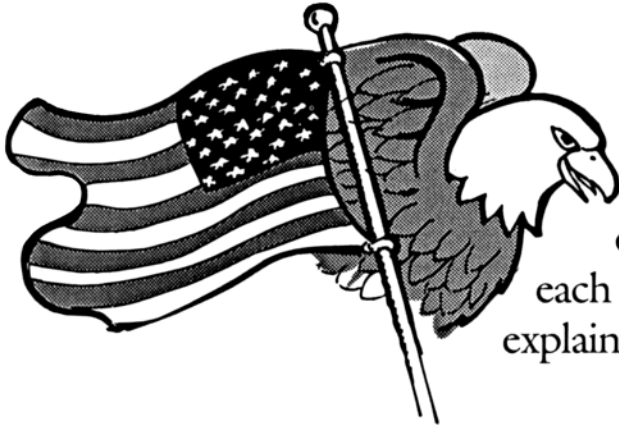
# All About Me



**Grade 5**

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

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



Cities, states and countries use symbols to represent them. For example, this country has an official bird, flower, and flag. Select a symbol for each category to represent your family. For each, explain why this represents your family.

Your family bird \_\_\_\_\_

\_\_\_\_\_

Your family flower \_\_\_\_\_

\_\_\_\_\_

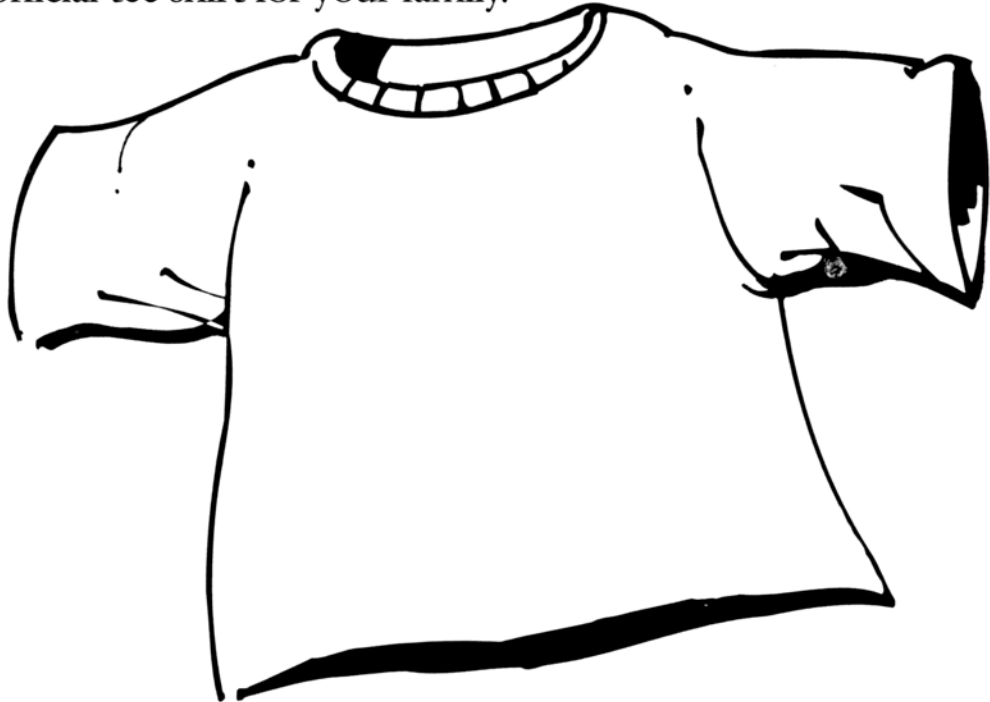
Your family insect \_\_\_\_\_

\_\_\_\_\_

Your family animal \_\_\_\_\_

\_\_\_\_\_

Design an official tee shirt for your family.



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

It has been said: "Give a needy person a fish and he can eat one meal, but teach that person how to fish and he can eat for the rest of his life."

What do you think this means? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What person, family, or group of people that you know of need assistance? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Why do they need help? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What are some things you can think of that may help them? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What organizations are set up to help people in this situation? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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

Think of someone who looks up to you and uses you as his or her role model.  
What is it about you that this person admires? \_\_\_\_\_

\_\_\_\_\_

How does it feel to be someone's role model? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Whom do you admire enough to be your role model? \_\_\_\_\_

\_\_\_\_\_

What is it about this person that you admire? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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



Stress is caused by troubling thoughts, physical exhaustion or difficult situations.

Describe a stressful situation you experienced.

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How did you deal with it? \_\_\_\_\_

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What else could you have done to deal with this situation? \_\_\_\_\_

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