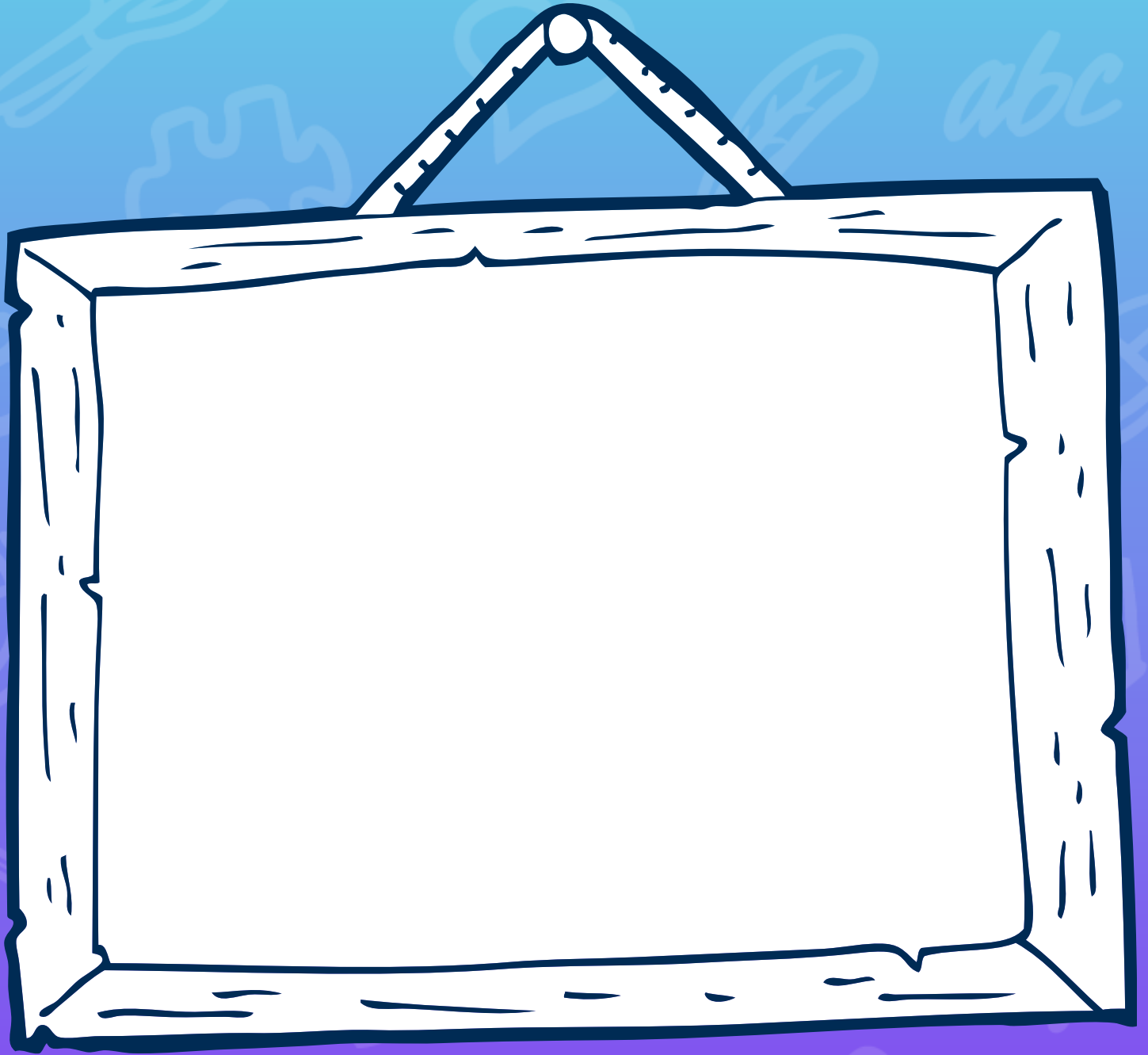




Author:

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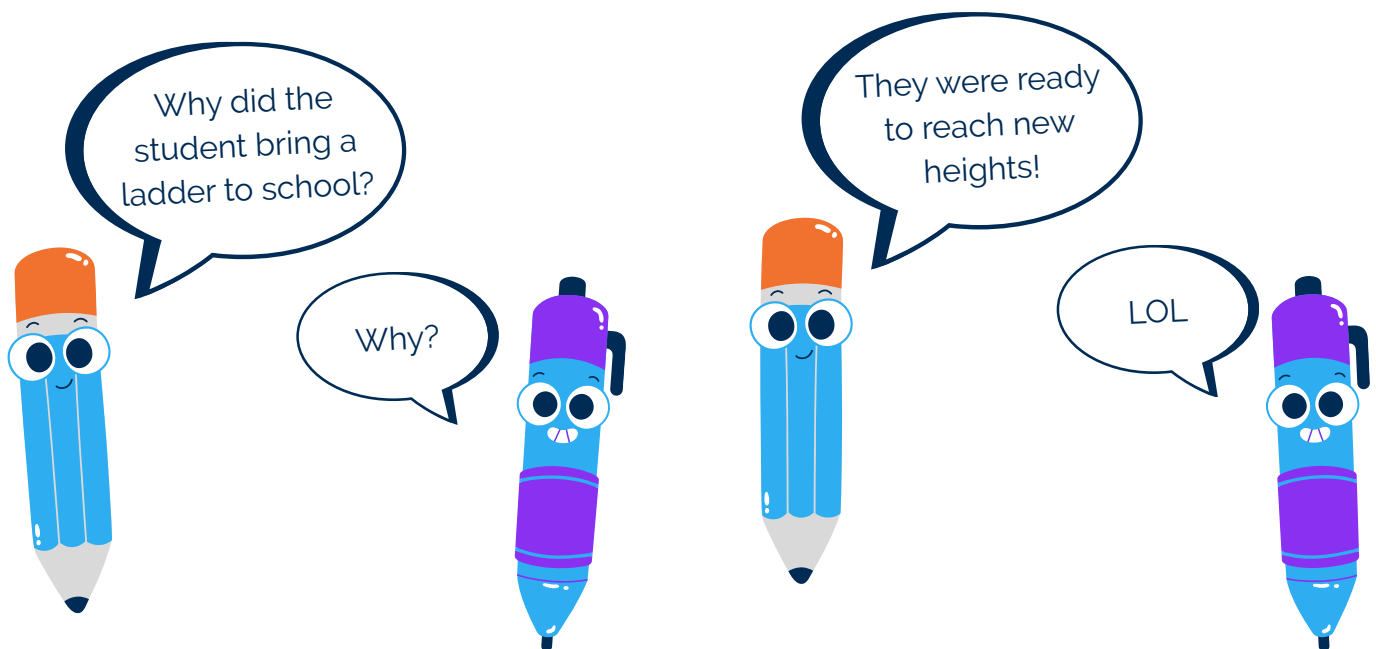
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WHO AM I?

Before we jump into schoolwork or goals, it is important to stop and think about who you are. Your thoughts, your likes, and the things you care about are all part of what makes you unique. The more you understand yourself, the easier it is to make choices that feel right for you and help you grow.

Why This Matters: You are growing and changing every day. Knowing who you are helps you feel more confident and proud of yourself. It can also help you build stronger friendships, make better decisions, and feel more connected to what you are learning.

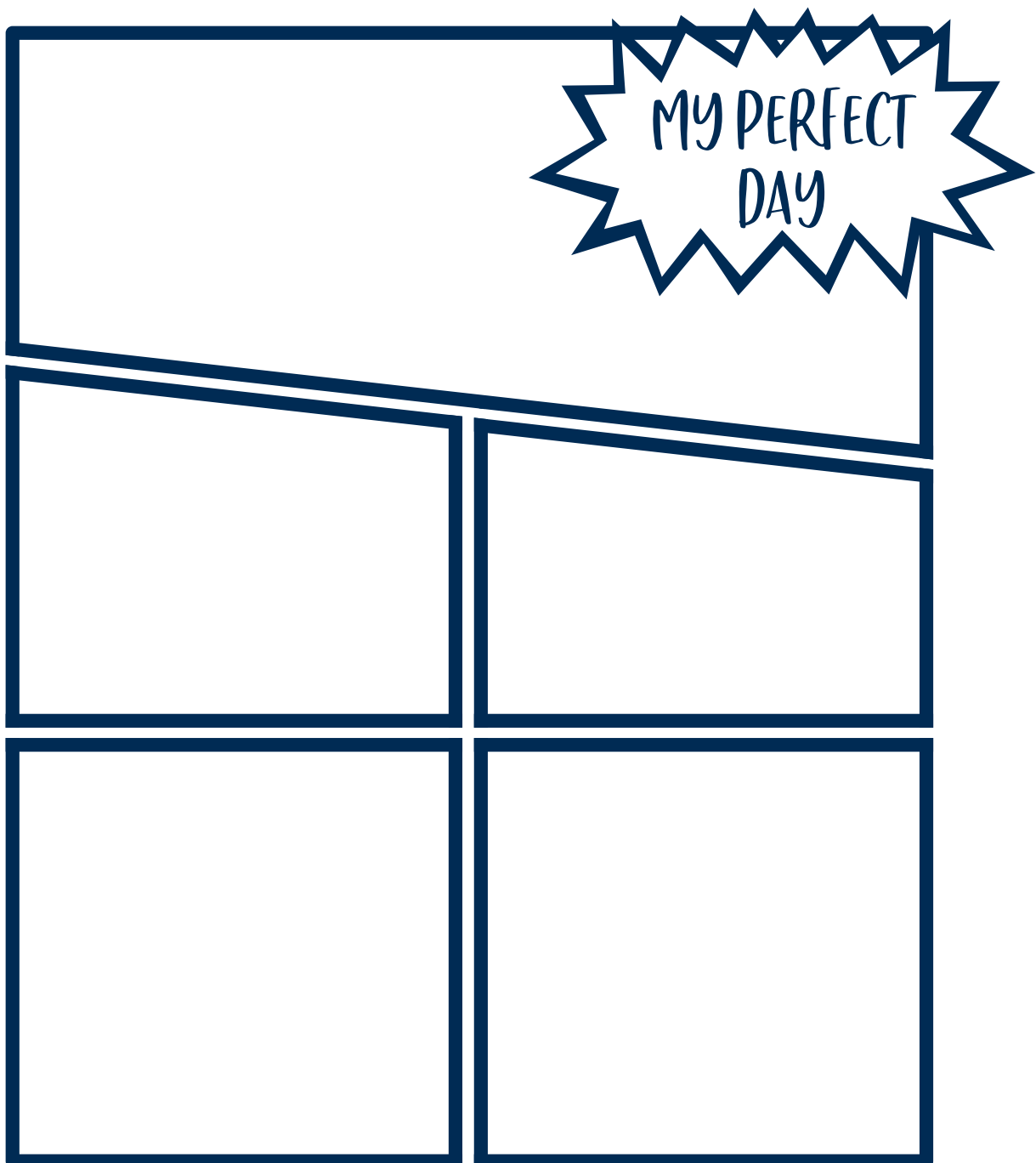
Why It Helps: When you know what matters to you and what makes you feel like your best self, you can use that knowledge to build a life that feels exciting and meaningful. It becomes easier to speak up, try new things, and handle challenges with confidence.



My Perfect Day Comic

Start your Learning Journey by imagining a day that feels just right for you. In this activity, you'll draw a comic strip showing what your perfect day looks like. Think about where you would go, who you would be with, and what you would do. This will help you notice what makes you happy and what matters to you.

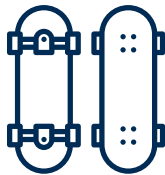
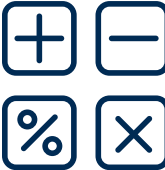
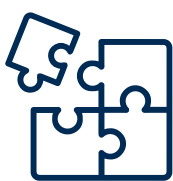
Directions: Draw a comic strip to show where you would go, who you would be with, and what you would do on your perfect day.



Find a Friend BINGO

Let's get to know each other. In this game, you'll find classmates who match the interests in each box. It's a fun way to discover what you and your classmates enjoy doing.

Directions: Circle the icons that show things you enjoy doing. Then, walk around and talk to your classmates. Find three people who like the same things as you and three people who like different things. Ask them to write their name under that icon.

Things I Like

Now that you've learned what you and your classmates enjoy, it's time to think about the things that matter most to YOU. Exploring your interests helps you figure out what makes you feel happy and inspired.

Directions: Complete the sentences to help you think about what you like to do and what you would like to try.

Things I Like

One thing I enjoy doing is _____

I enjoy it because _____

It makes me feel _____

Another thing I enjoy doing is _____

I enjoy it because _____

It makes me feel _____

Something I'd Like to Try

One thing I'd like to try is _____

I want to try it because _____

I think it would be _____

Proud to Be Me Poem

This activity helps you reflect on the moments, people, and feelings that make you feel most like yourself. It is a way to appreciate who you are inside and out.

Directions: Fill in the blanks to complete the poem about yourself.

Proud to Be Me

I feel like me when I _____
something that makes you feel like your true self

With _____ by my side.
a person, pet, or group that makes you feel accepted

I smile the most when I _____
something you like doing that makes you happy

It fills me up with pride.

I feel strong when I _____
a moment that makes you feel powerful or proud

And brave when I try something new.

When I'm with people who _____
what people do to help you be yourself

I know their hearts are true.

I'm not afraid to _____
something that might feel scary but you're proud to try anyway

Even if I mess up a bit.

Because being me is _____
something about being yourself (awesome, important, etc.)

And I'm proud to never quit.

What I Value

Now that you have explored what you enjoy and what makes you unique, it is time to think about what matters most to you. A value is something that is important to you and helps guide how you act and treat others. Learning what you value can help you understand your choices and goals.

Directions: Put a ✓ next to the values that you think are important. Then circle the three values that you think are most important.

- _____ **Kindness:** Being nice and caring toward others
- _____ **Fairness:** Treating everyone equally and taking turns
- _____ **Honesty:** Telling the truth and being trustworthy
- _____ **Respect:** Listening, using kind words, and valuing others
- _____ **Courage:** Being brave, even when something is hard or scary
- _____ **Creativity:** Using your imagination to make or try new things
- _____ **Curiosity:** Wanting to learn and ask questions
- _____ **Helping Others:** Looking for ways to support people
- _____ **Teamwork:** Working well with others to reach a goal
- _____ **Doing My Best:** Trying hard and not giving up
- _____ **Friendship:** Being a good friend and caring about others
- _____ **Responsibility:** Taking care of your actions, things, and work
- _____ **Learning New Things:** Enjoying the chance to grow your brain
- _____ **Problem-Solving:** Finding ways to fix or figure out a challenge
- _____ **Making a Difference:** Trying to help your class, community, or world
- _____ **Self-Control:** Staying calm and making good choices
- _____ **Confidence:** Believing in yourself
- _____ **Being Yourself:** Showing who you are and being proud of it

My Values Matter

Now that you've picked the values that matter most, this page helps you picture what those values look like in real life—and how they shape the kind of person you want to be.

Directions: Look at the three values you chose as most important to you. For each one, write why it matters to you and draw a picture of yourself showing that value in action.

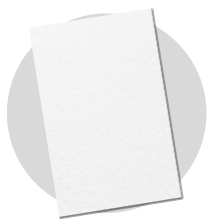
Value	Why does this value matter to you?	Draw a picture of yourself showing this action.

All About Me Collage

You've been using words to describe yourself. Now let's bring your story to life with pictures. Your collage is a fun way to show what makes you unique in a way everyone can see.

Directions: Create a collage that shows who you are by cutting out pictures, words, or colors from magazines. Use a sheet of paper or cardstock as your background.

Materials



**cardstock
(or thick paper)**



magazines



scissors



glue

As you flip through magazines, try to find pictures or words that show:

- Your favorite hobbies or activities
- Places you love (like the beach, mountains, your backyard)
- Your favorite animals, foods, or colors
- People or relationships that matter to you (like family, friends, or pets)
- Words or quotes that feel like you (like brave, kind, creative)
- Dreams or goals you have for the future



Reflection

Directions: Rate each of the following with 1 being strongly disagree and 5 being strongly agree.

I can name things I like and enjoy.	1	2	3	4	5
I can describe what makes me unique.	1	2	3	4	5
I know what's important to me.	1	2	3	4	5

Directions: Draw a picture that shows something that makes you feel most like yourself.

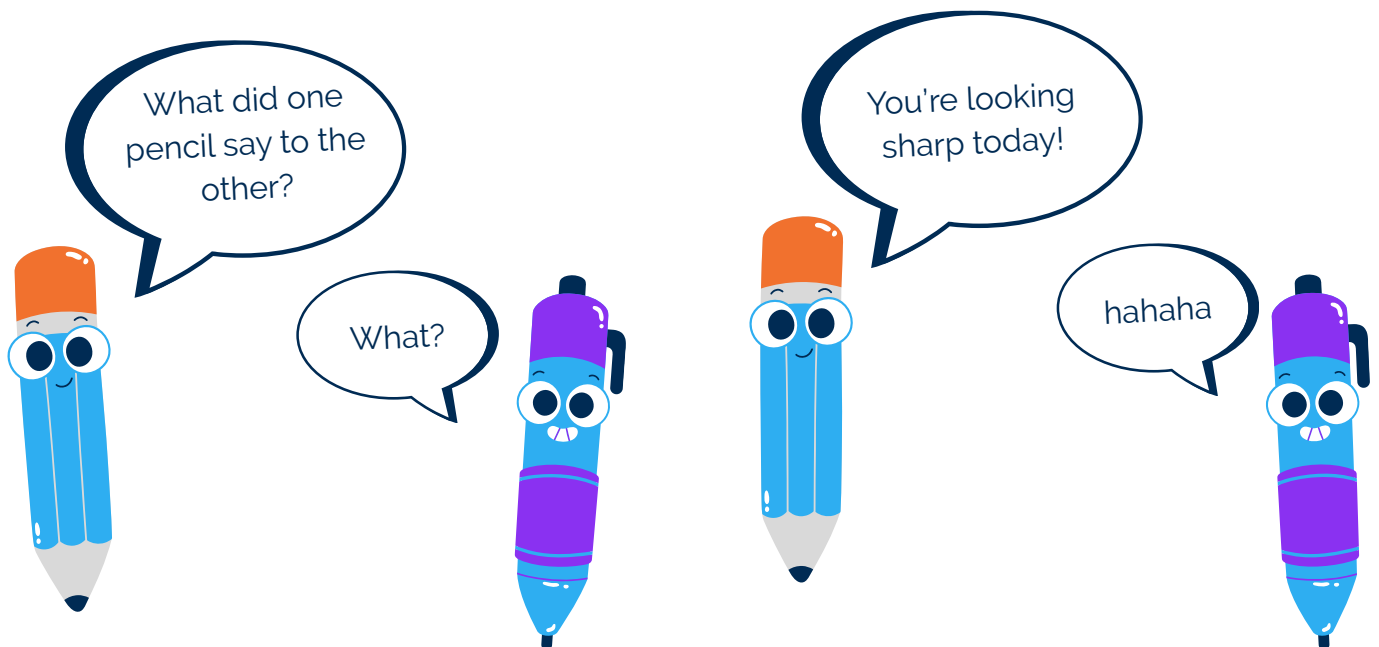
Directions: Answer the questions: What have you learned about who you are? Why is it important to know these things about yourself?

WHAT AM I GOOD AT?

Now that you have explored who you are on the inside, it is time to notice what you can do well. Everyone has different strengths. Some people are good at helping others. Some are great at solving problems or staying focused. Some have strong bodies or creative minds. This is your chance to celebrate the things that make you feel confident and proud.

Why This Matters: When you recognize what you are good at, you can use those strengths to help others, reach your goals, and feel proud of your progress. Noticing your strengths can also help you feel more motivated and excited to learn.

Why It Helps: The more clearly you see your strengths, the easier it is to build on them. You can use your strengths to try new things, face tricky challenges, and support others. Your strengths are tools that help you shine.



My Strengths

Now we'll start to explore what you are good at. This checklist lets you name your strengths in different areas of your life. Is there a category where most of your strengths are? Knowing this can help you grow and support others too.

Directions: Put a ✓ next to the skills you are good at.

Creativity and Making

- | | |
|----------------------------------|---|
| _____ Drawing or painting | _____ Acting or performing in plays |
| _____ Building with blocks/LEGOs | _____ Designing things (posters, outfits, etc.) |
| _____ Writing songs or stories | _____ Coming up with new games |
| _____ Playing an instrument | _____ Making videos or comics |

People and Friendship Skills

- | | |
|------------------------------------|---|
| _____ Being kind to others | _____ Working well in a group |
| _____ Helping people feel included | _____ Listening to other people's ideas |
| _____ Taking turns and sharing | _____ Solving problems peacefully |
| _____ Standing up for others | _____ Giving compliments |

Learning Skills

- | | |
|----------------------------------|-------------------------------|
| _____ Writing stories or reports | _____ Learning new words |
| _____ Solving math problems | _____ Spelling |
| _____ Reading aloud | _____ Staying organized |
| _____ Understanding what I read | _____ Listening to directions |

My Strengths

Sports and Movement

- | | |
|-----------------------------------|----------------------------------|
| _____ Running fast | _____ Climbing or hiking |
| _____ Catching or throwing a ball | _____ Swimming |
| _____ Doing cartwheels or flips | _____ Learning new games quickly |
| _____ Dancing or performing | _____ Being a good teammate |

Thinking and Problem Solving

- | | |
|---------------------------------------|---|
| _____ Asking questions | _____ Being curious about how things work |
| _____ Coming up with new ideas | _____ Trying new ways to solve problems |
| _____ Figuring out puzzles or riddles | _____ Remembering facts or steps |
| _____ Explaining my thinking | _____ Thinking of ideas quickly |

Life Habits and Attitudes

- | | |
|---|---|
| _____ Staying calm when I'm frustrated | _____ Using creativity to solve problems |
| _____ Trying again when things are hard | _____ Showing courage by trying new things |
| _____ Asking for help when I need it | _____ Caring about other people's feelings |
| _____ Being curious/asking questions | _____ Noticing how my actions affect others |

My Strengths

Directions: Count how many skills you checked in each category and write the total. Then, look at the categories with the most skills. Reflect on how these strengths can help you and others.

Category	Score
Creativity and Making	
People and Friendship Skills	
Learning Skills	
Sports and Movement	
Thinking and Problem Solving	
Life Habits and Attitude	

I am strongest at _____

These skills are important because they can help me _____

These skills can help me help others because _____

Strengths Stations

You've thought about your strengths—now you'll get to try them out! Rotating through these stations helps you discover what comes easily and what might be fun to improve.

Directions: Rotate through each station and complete the activity. After each one, rate the task using the scale: very easy, kind of easy, kind of hard, or very hard. When you've finished all the stations, choose the activity that felt easiest for you and explain why.

Station	Rate the Task			
Creativity and Making	Very Easy	Kind of Easy	Kind of Hard	Very Hard
People and Friendship Skills	Very Easy	Kind of Easy	Kind of Hard	Very Hard
Learning Skills	Very Easy	Kind of Easy	Kind of Hard	Very Hard
Sports and Movement	Very Easy	Kind of Easy	Kind of Hard	Very Hard
Thinking and Problem Solving	Very Easy	Kind of Easy	Kind of Hard	Very Hard
Life Habits and Attitudes	Very Easy	Kind of Easy	Kind of Hard	Very Hard

I thought _____ felt the easiest.

I think this felt easy to me because _____

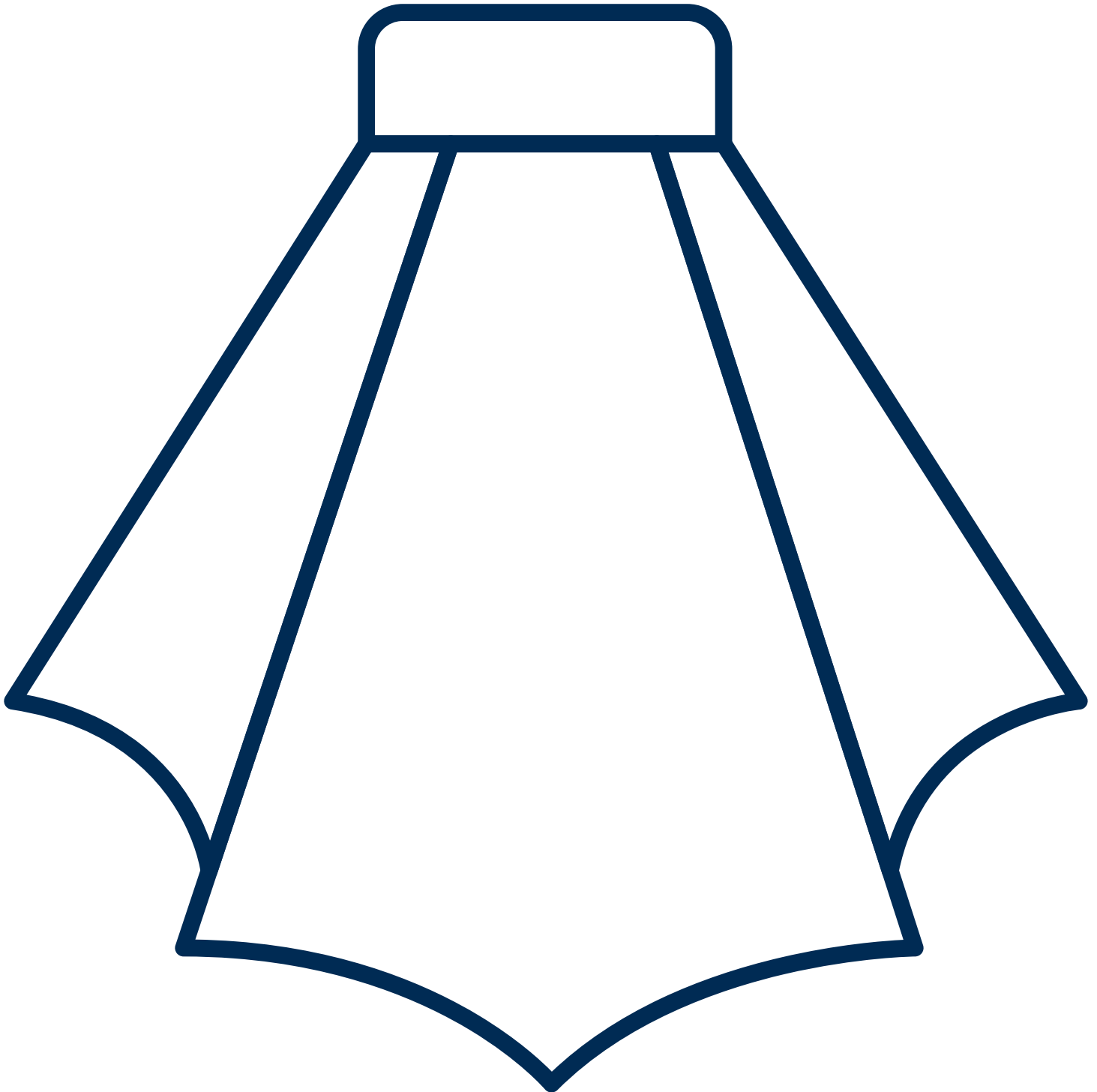
If I could get better at one station, I'd get better at _____

I'd get better at this because _____

My Superpowers

After trying different activities, you've seen your strengths in action. Now you'll turn them into a superhero cape to show the world the powerful skills you bring to your learning.

Directions: Decorate the superhero cape to show your strengths.



Reflection

Directions: Rate each of the following with 1 being strongly disagree and 5 being strongly agree.

I know what I'm good at.	1	2	3	4	5
I can name strengths that help me learn or grow.	1	2	3	4	5
I feel proud of my abilities.	1	2	3	4	5

Directions: Draw yourself using one of your strengths to help someone or do something great.



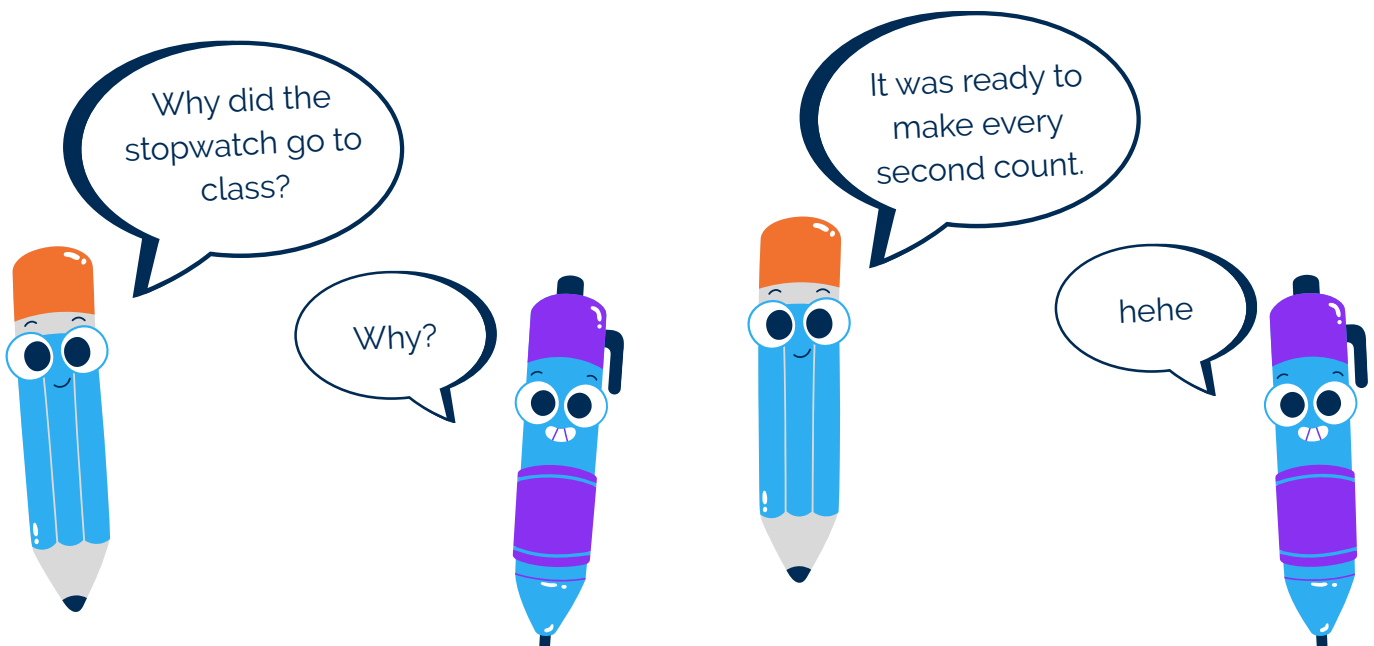
Directions: Answer the questions: Which strengths are you most proud of? How can your strengths help you this year?

HOW DO I LEARN?

Now that you have named your strengths, it is time to look at how you learn best. Everyone's brain works in its own way. Some people learn best by moving. Some learn by drawing, writing, building, or talking things through. In this section, you will explore your learning preferences and discover how your brain likes to take in and remember new information.

Why This Matters: When you know how your brain works, learning becomes less confusing and more fun. It helps you find strategies that work for you and feel more in control of your own growth.

Why It Helps: Understanding your learning style helps you make smart choices about how to study, how to focus, and how to keep going when things get hard. It also helps you appreciate that everyone learns in their own way, and that is something to celebrate.



Ways of Learning

There is not just one way to learn. This activity shows you that people can be learn in many different ways, like with words, music, movement, or people. Understanding your how you learn helps you recognize your strengths and how you learn best.

Directions: Work with a partner to match each quote to the type of learning it describes. Cut out the quotes and glue them into the correct boxes under each way of learning. Then, draw a picture for each.

Word Smart	Number Smart
Picture Smart	Body Smart
Music Smart	People Smart
Self Smart	Nature Smart

Ways of Learning

"I like working with others and helping friends solve problems."

"I remember things best when I can picture them in my head."

"I enjoy solving math problems, logic puzzles, or finding patterns."

"I enjoy quiet time to think, reflect, or set goals for myself."

"I learn best when I can move around or act things out."

"I love animals, plants, or being outside in nature."

"I notice rhythms in songs and love music or singing."

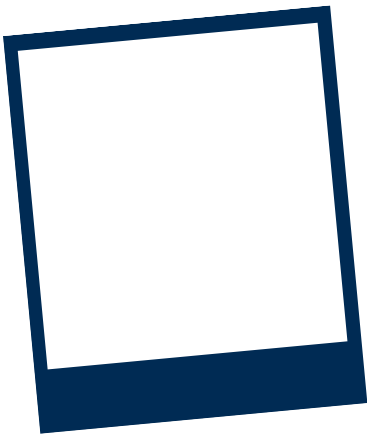
"I love reading, writing stories, or playing word games."

How I'd Feel

You've started to explore how you learn best. Now, take time to notice how different situations make you feel. Understanding how you feel in different situations can also help you understand how you learn best.

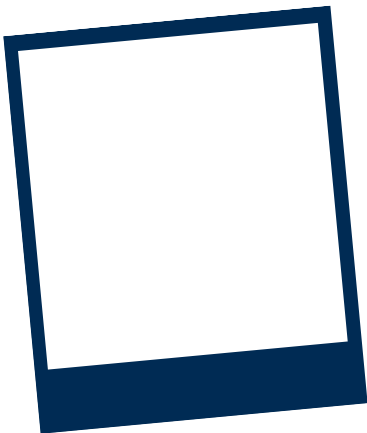
Directions: Read each situation. Draw a selfie to show how you would feel in that situation, then explain your response.

Situation 1: Your teacher tells you you have 30 minutes reading time and you can choose any book you'd like.



I'd feel this way because _____

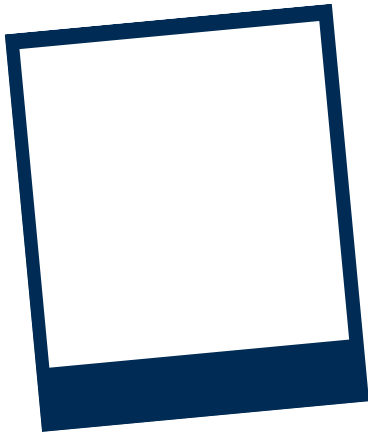
Situation 2: Your parents give you money to buy bread at the store and they told you to make sure you get the right amount of change.



I'd feel this way because _____

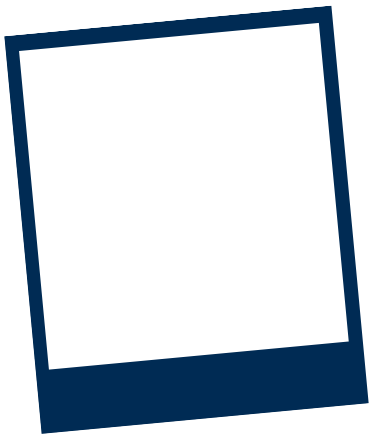
How I'd Feel

Situation 3: You are given a blank sheet and some cut-out furniture or shapes. You get to arrange and design your dream room or a new playground.



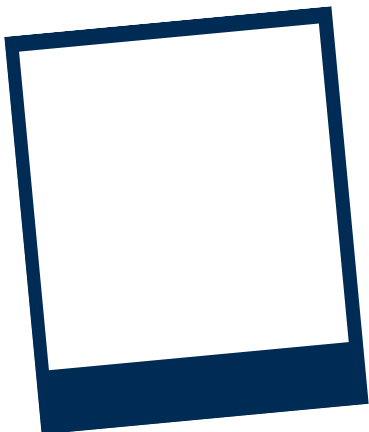
I'd feel this way because _____

Situation 4: Your teacher tells you you can sit on an exercise ball or walk around while you do your work.



I'd feel this way because _____

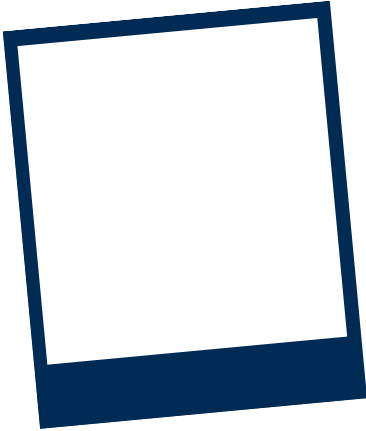
Situation 5: You've been chosen to sing a solo in front of your classmates at the end-of-year celebration.



I'd feel this way because _____

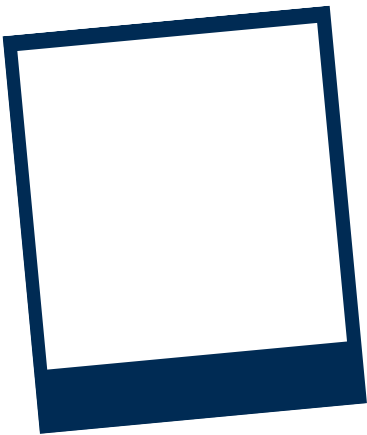
How I'd Feel

Situation 6: Your teacher asked you to talk to a student and parents who are thinking about coming to your school.



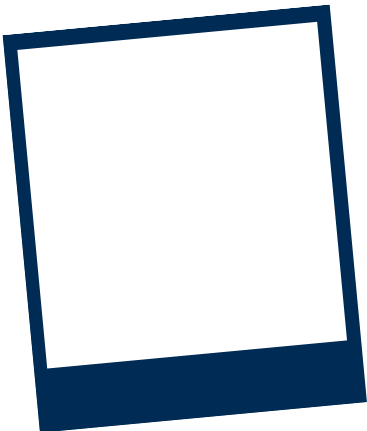
I'd feel this way because _____

Situation 7: Your teacher asks you to stand in front of the class to read a paragraph from a book.



I'd feel this way because _____

Situation 8: You just finished a big assignment and need to think about what went well and what you could have improved.



I'd feel this way because _____

How I'd Feel

Directions: Look back at your answers. Which situations made you feel the most comfortable or confident? Which ones felt the hardest or most uncomfortable? Write those in the table below. Then, think about how you learn best. Color in the boxes that show the ways you most like to learn.

Situations that I felt most comfortable or confident	Situations that I felt least comfortable or confident

Word Smart: You enjoy reading, writing, telling stories, or playing with words. You express yourself well with language.	Number Smart: You're good at math, solving puzzles, or finding patterns. You like figuring things out with numbers and logic.
Picture Smart: You notice details in pictures, maps, or colors. You think in images and like drawing or building things.	Body Smart: You learn best by moving, doing, or using your hands. You may enjoy sports, dancing, acting, or building.
Music Smart: You love sounds, rhythms, or music. You might enjoy singing, playing instruments, or listening closely to songs.	People Smart: You're good at understanding how others feel and working well with others. You enjoy talking, helping, or leading.
Self Smart: You know what you're feeling, what matters to you, and what helps you do your best. You like to reflect and set goals.	Nature Smart: You notice plants, animals, weather, or outdoor details. You enjoy being outside and care about the Earth.

Mood Tracker

Your emotions can affect how you learn. In this activity, you'll reflect on how your mood changes during the day and what helps you stay focused or calm. Paying attention to your emotions helps you figure out the best times and ways for you to learn.

Directions: Circle the emoji that shows how you usually feel during each part of the day: Then, answer the questions to reflect on your learning moods.



Time of Day	How I Feel						
Early Morning							
Late Morning							
Lunchtime							
Early Afternoon							
Late Afternoon							

It is hardest for me to stay calm or focused _____

I feel most focused and ready to learn _____

This makes me think _____

Reflection

Directions: Rate each of the following with 1 being strongly disagree and 5 being strongly agree.

I know the different ways people can learn.	1	2	3	4	5
I can name ways I learn best.	1	2	3	4	5
I notice how my feelings affect my learning.	1	2	3	4	5

Directions: Draw a scene of yourself learning in a way that works really well for you.

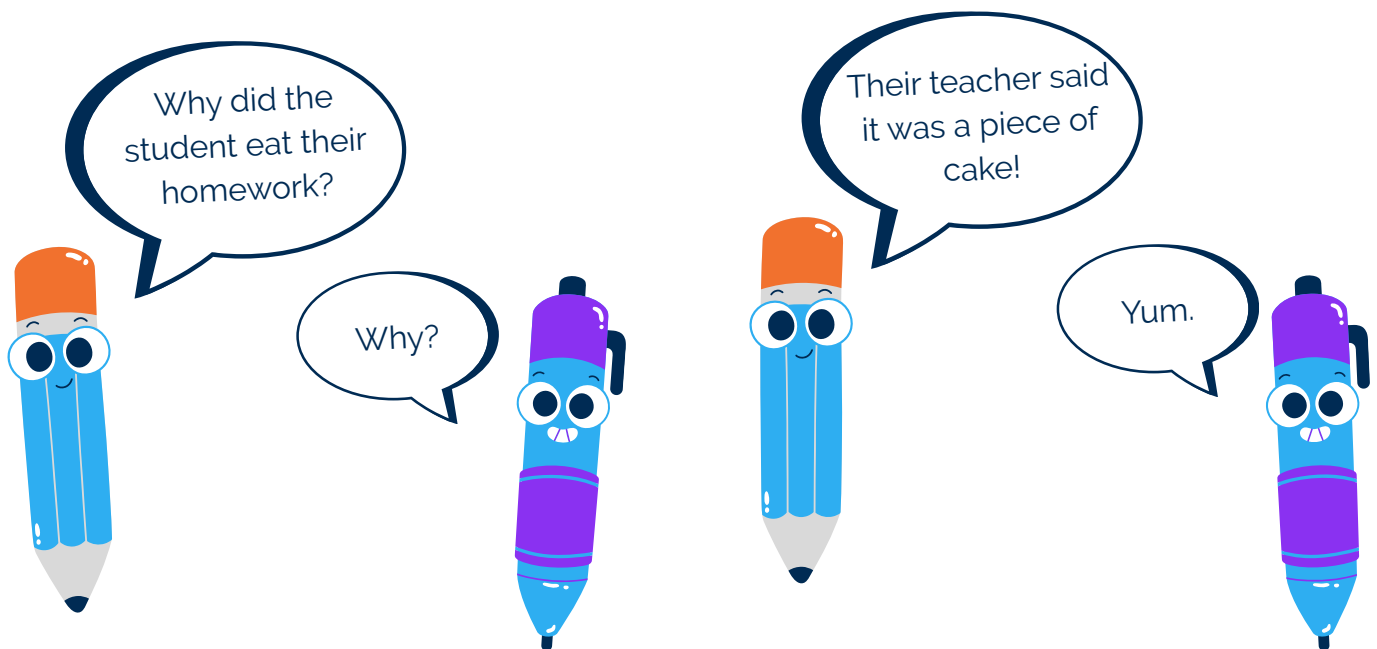
Directions: Answer the questions: What did you discover about how you learn best? How will that help you this year?

WHAT CAN I IMPROVE?

Now that you understand your strengths and how you learn, it is time to notice what feels challenging. Everyone has things they are still working on. This section helps you explore those tricky spots and begin setting goals for how you want to grow, both in school and in your everyday life.

Why This Matters: The first step to growing is knowing where to begin. When you name the things that feel hard, you give yourself a starting point. You also give yourself permission to grow instead of expecting everything to be easy.

Why It Helps: Being honest about what is hard for you helps you create a real plan for improvement. It allows you to ask for help when you need it and to notice progress along the way. You begin to see growth as something you are in charge of.

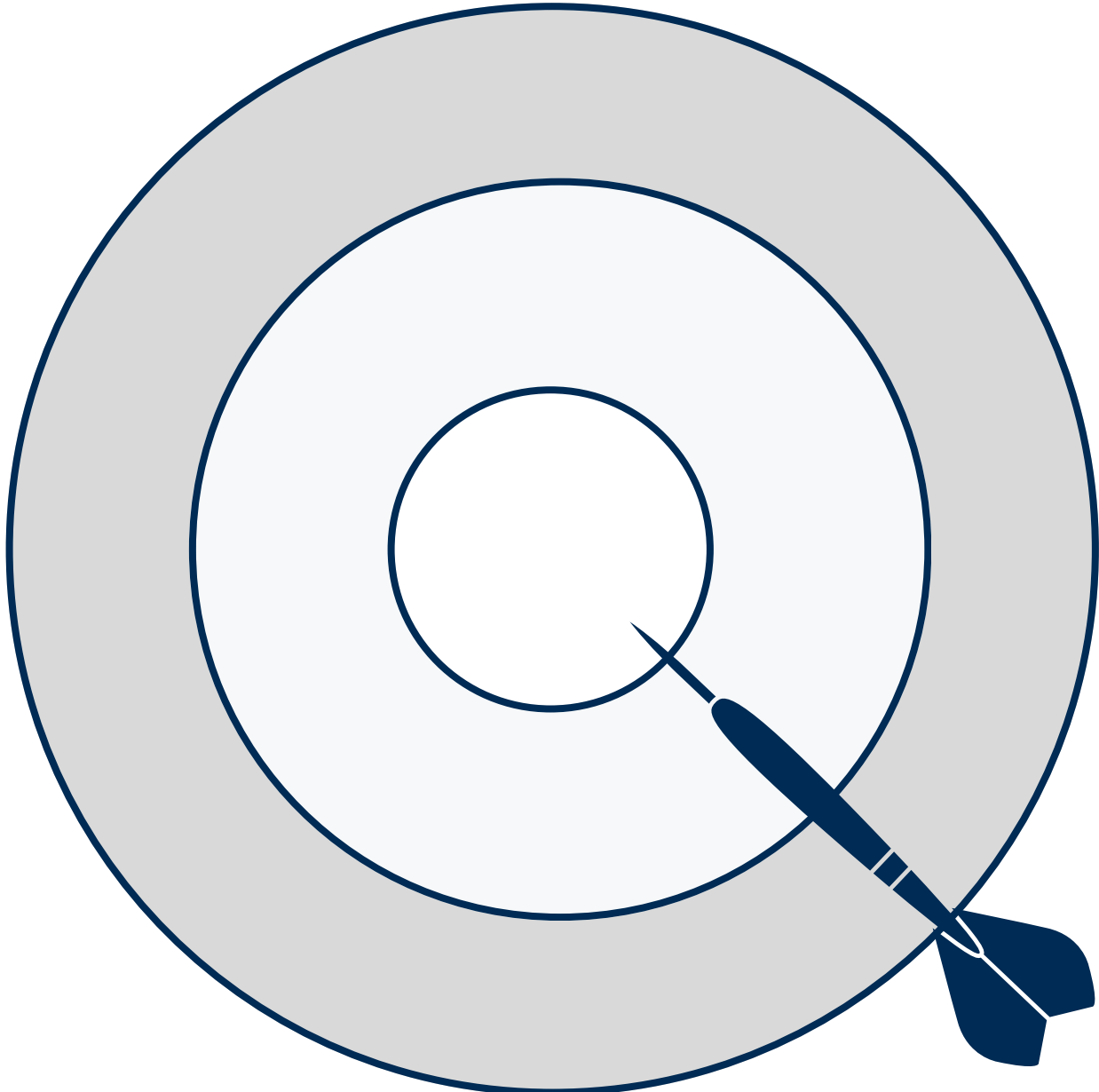


School Goals

Now that you know more about your learning and feelings, let's set a goal for something you want to get better at in school. Goals help you stay focused and proud of your progress.

Directions: Think about something at school that feels a little tricky or that you want to get better at.

- In the outer ring, write three things that are hard for you.
- In the middle ring, choose two things you want to improve.
- In the bullseye, write the one you care most about.

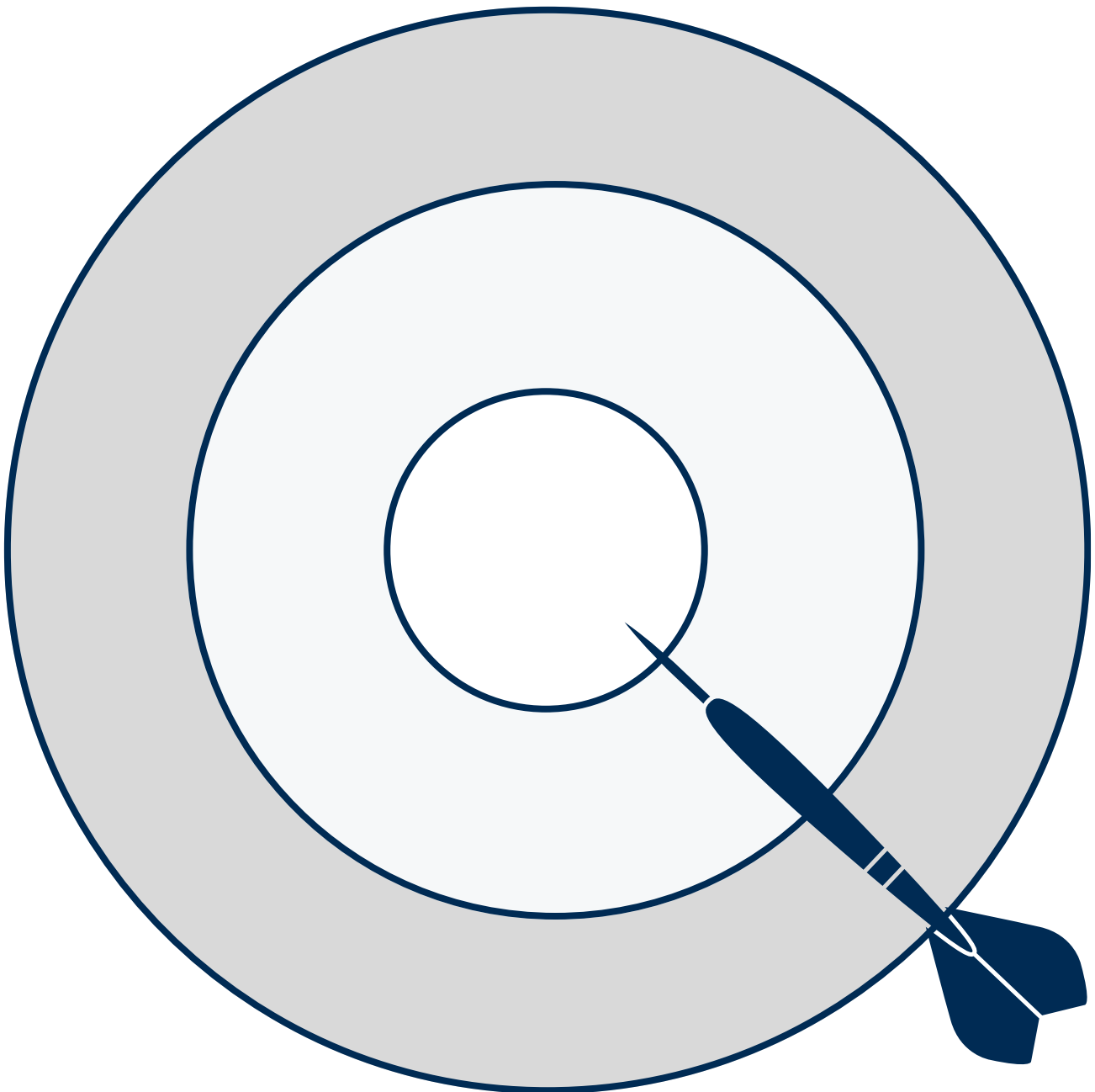


Outside of School Goals

School isn't the only place to grow. Think about something outside of school you care about. When you work on personal goals, you build confidence and joy.

Directions: Think about something outside of school (like a hobby or a friendship) that feels a little tricky or that you want to get better at.

- In the outer ring, write three things that are hard for you.
- In the middle ring, choose two things you want to improve.
- In the bullseye, write the one you care most about.



Reasons for Improving

You've picked goals for school and life. Let's think about why these goals matter to you. Understanding your 'why' makes your goals feel more exciting and worth working for.

Directions: Look at what you want to get better at at school and outside of school. Then complete the sentences.

I want to get better at this at school because _____

Being able to do this could help me _____

I want to get better at this outside of school because _____

Being able to do this could help me _____

Goals Kite

You have chosen a goal that matters to you. Now you will create a kite and add small steps that will help you reach it. Post your kite to share with others and to remind you of the path you are on.

Directions: Follow these steps to make a kite that shows one of your goals and the small steps you can take to achieve it.

Materials



**16" piece
of yarn**



glue

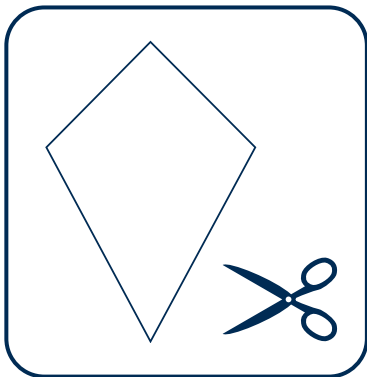


markers

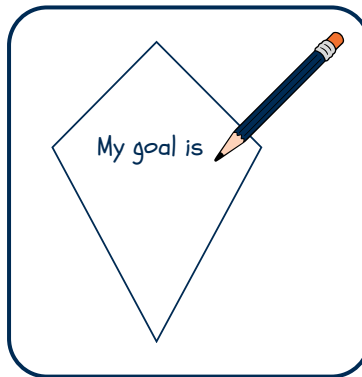


scissors

1. Cut out the provided kite shape.



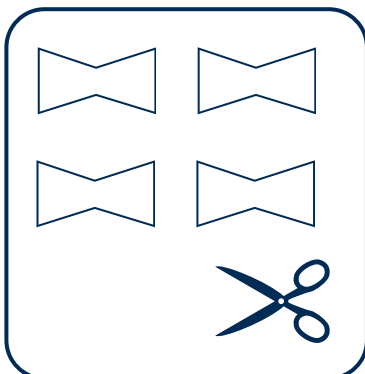
2. Write one of your big goals in the center of the kite.



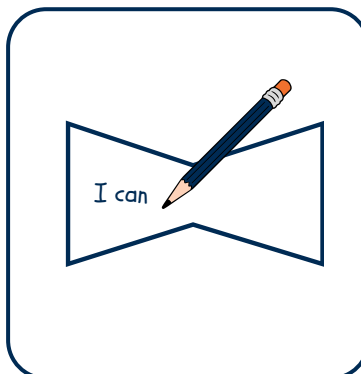
3. Decorate your kite with colors or symbols.



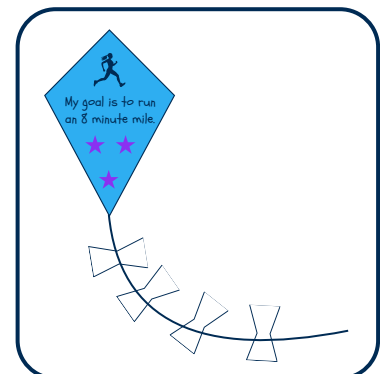
4. Cut out the 4 provided bow shapes.

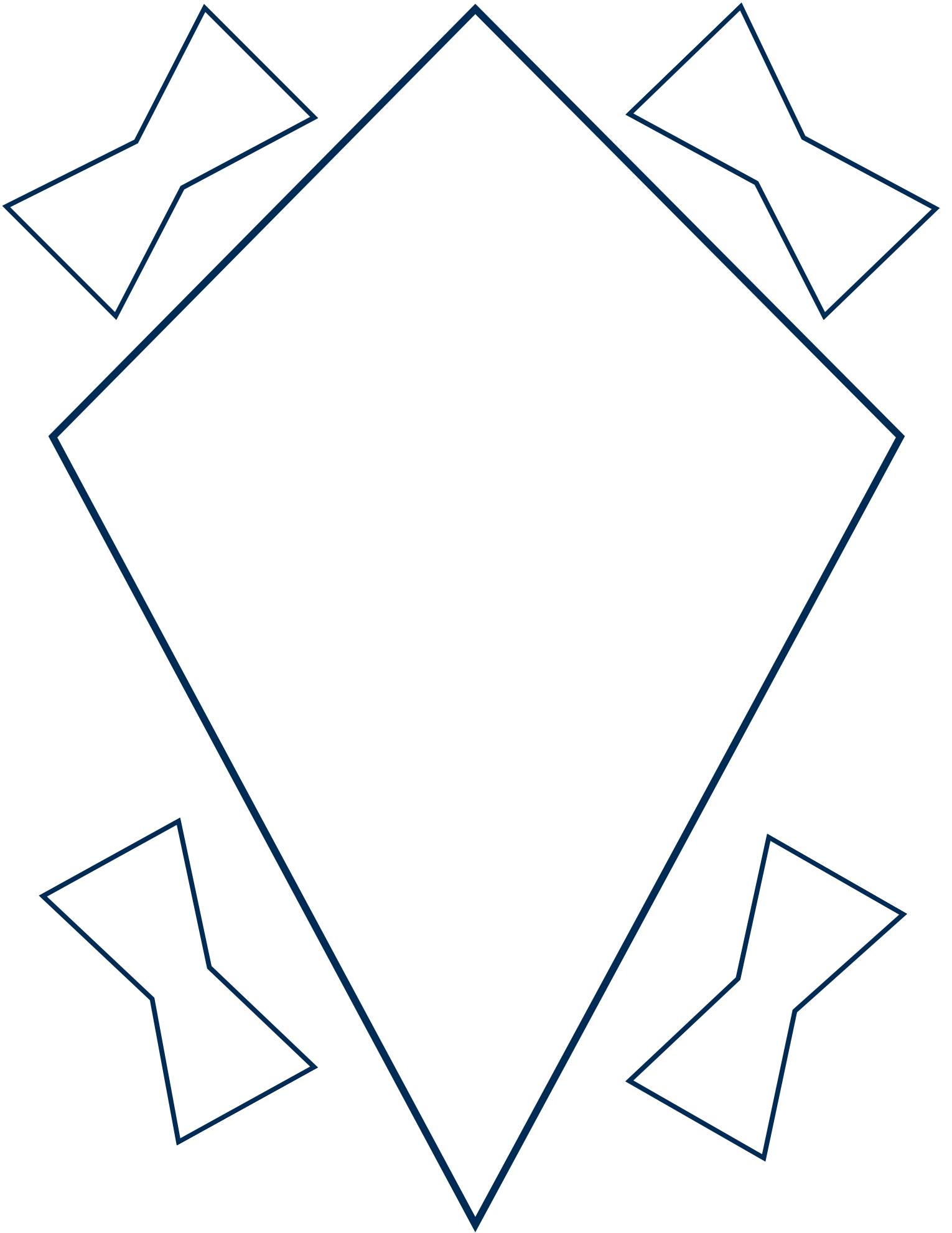


5. Write one step that can help you reach your goal on each bow.



6. Glue the bows to the string and glue the string to the kite.





Reflection

Directions: Rate each of the following with 1 being strongly disagree and 5 being strongly agree.

I notice things I want to get better at.	1	2	3	4	5
I can set a goal that matters to me.	1	2	3	4	5
I know why my goal is important.	1	2	3	4	5

Directions: Draw a picture of what it might look like to reach one of your goals.

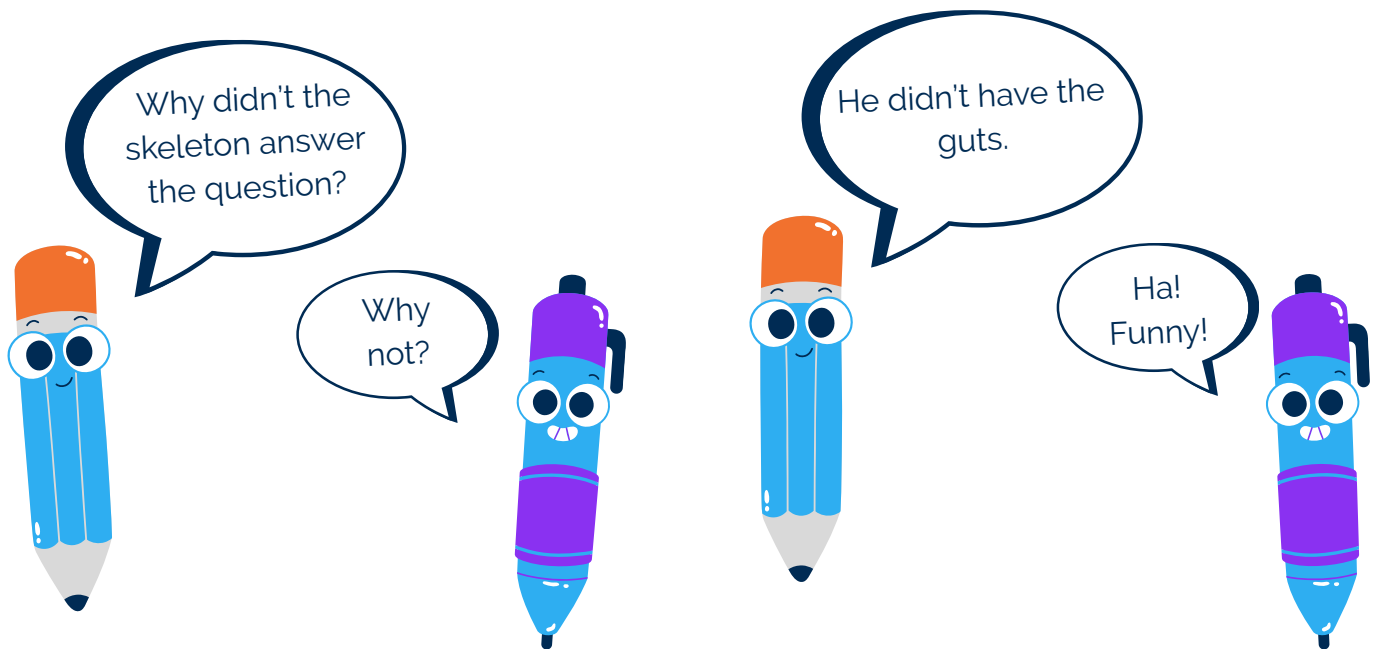
Directions: Answer the questions: What do I want to feel proud of at the end of this school year? What is one thing I need help with as I try to grow?

HOW CAN I IMPROVE?

Now that you know what you want to work on, it is time to make a plan. In this section, you will think about what to do when things get tough and how to keep moving forward. You will explore strategies to stay calm, stay focused, and take action even when you feel stuck.

Why This Matters: It is normal to feel frustrated or unsure sometimes. What matters is what you do next. When you have tools and strategies to help you bounce back, you are more likely to keep trying and reach your goals.

Why It Helps: Having a plan gives you confidence. It reminds you that even when something is hard, you are not stuck. You have the power to make choices, use your strengths, and keep growing no matter what comes your way.



Points of Frustration

Everyone gets frustrated sometimes. When you understand what situations are hard for you, you can make a plan to handle them in a healthier way. This helps you grow as a learner and stay focused on your goals.

Directions: In each section of the chart, write or draw something that can be frustrating for you.

I get frustrated in school when...

I get frustrated with friends when...



I get frustrated at home when...

I get frustrated with myself when...

Talk About It

You've named your tough moments. Now practice talking through challenges so you can stay in control and feel supported when things are hard.

Directions: Talk with a partner about how you feel in different situations, how you would react, and what else you could do by doing the following:

1. Take turns rolling two dice.
2. Add the numbers together to get a total from 2 to 12.
3. Find and read the matching situation below.
4. Answer these three questions out loud:
 - **What would you feel?**
 - **What would you usually do?**
 - **What else could you do next time?**

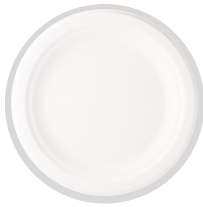
2: You're trying to focus, but there's a lot going on around you.	3: You ask someone for help, but they don't explain it in a way you understand.	4: You make a mistake on something you worked hard on.
5: You're doing something new and are nervous that others might be better at it.	6: You're part of a group activity, but it feels like no one is listening to your ideas.	7: You want to play with a group of kids, but you're not sure how to join in.
8: A friend says something that hurts your feelings, even if they were joking.	9: You and a friend both want to do different things, and you can't agree.	10: You make a plan, but things change and you don't get to do what you wanted.
11: You really want something but a parent or caregiver says no.	12: Your favorite toy or video game breaks.	

Strategies Spinner

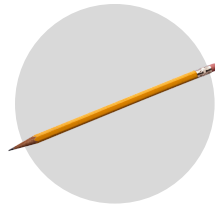
You've explored how to handle frustration. Now you'll create a spinner with calming tools so you're always ready to care for your feelings.

Directions: Use this spinner when you feel frustrated, overwhelmed, or need a break.

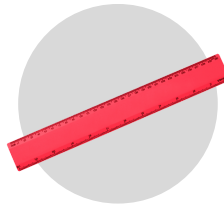
Materials



1 paper plate



pencil



ruler



markers



scissors

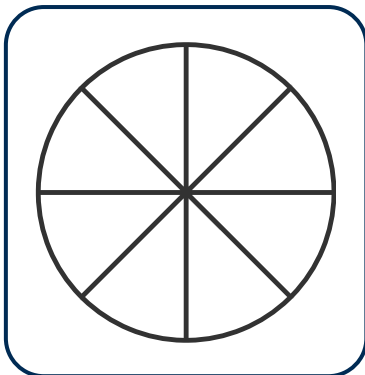


brass fastener

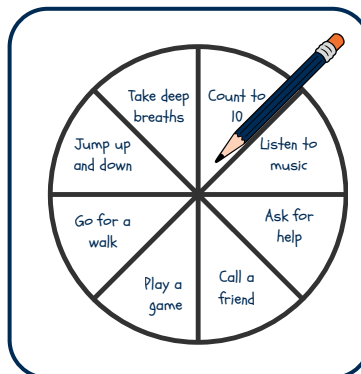


cardstock

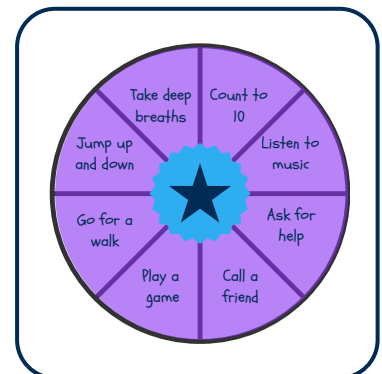
1. Divide your paper plate into 8 equal sections using a pencil and ruler



2. Write a coping strategy that helps you feel calm or focused in each section. (See next page for suggestions.)

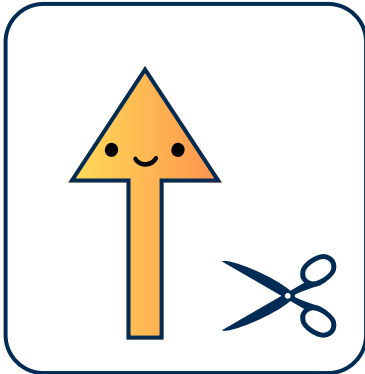


3. Decorate your spinner with colors, symbols, or designs.



Strategies Spinner

4. Cut out an arrow from cardstock and decorate it.



5. Use the brass fastener to attach the arrow to the center of your paper plate so it spins.



6. Try it! Flick the arrow and practice the strategy it lands on.



Possible coping strategies:

- Take 3 deep breaths
- Count to 10 slowly
- Get a drink of water
- Draw or doodle
- Talk to a friend or adult
- Stretch your arms and legs
- Think of your favorite place
- Say something kind to yourself
- Squeeze a stress ball or soft object
- Listen to your favorite song in your head
- Write down how you feel
- Take a quick walk or march in place

Reflection

Directions: Rate each of the following with 1 being strongly disagree and 5 being strongly agree.

I can tell what makes me feel stuck or frustrated.	1	2	3	4	5
I can find ways to keep going when frustrated.	1	2	3	4	5
I believe I can grow if I keep trying.	1	2	3	4	5

Directions: Draw a picture that shows you trying again after something got hard.



Directions: Answer the questions: What helps you keep going when things feel hard?
How will you use that next time you get stuck?

VIDEO DIARY

You've learned so much about yourself—what you like, how you learn, what you're good at, and how you can keep improving. Now it's time to take what you've discovered and turn it into something really special.

You're going to record a short video for your Video Diary. This is a chance to talk about the kind of learner and person you are right now. At the end of the school year, you'll watch this video again. You'll be able to look back and say, "Wow! Look how far I've come."

This is not about being perfect on camera. It is about being yourself. Be proud, be real, and have fun.

Directions:

- **Look Back at Your Work:** Flip through your learning journey pages and think about what you've learned about yourself. What activities stood out to you? What are you proud of? What are you still working on?
- **Brainstorm What You Want to Say:** Use the Brainstorm Page to help you plan your message for the video.
- **Get Feedback and Make Changes:** Practice what you want to say with a partner. Then use the Feedback Page to make changes and get ready to record.
- **Record Your Video:** When you're ready, use a computer, tablet, or phone to record. Speak clearly and share what you've learned. You can use your notes if needed. Try to keep your video around 1–2 minutes long.

Brainstorm Page

Directions: Fill in the blanks to complete the script for your video. Then practice your video in front of a mirror before presenting to a partner for feedback.

My name is _____ and I am _____ years old.

I like to _____

I'm really good at _____

I learn best by _____

This year I'd like to get better at _____

I can get better at this by _____

If I get stuck or frustrated, I can _____

I will feel proud of myself when _____

Feedback Page

Directions: Have your partner complete this feedback form while you practice your video for them. Then use their responses to improve and practice your video again. When you feel ready, record!

What did I do well when I shared my ideas?

What could I make even better?

What is one thing you learned about me?
