

Name: _____

Follow that Star!

Write nine words that describe you:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Put a star beside the words that are most important to you.

If you could develop a special talent, skill, or other personal quality for yourself, what would it be?

List three of your good qualities (not physical) - things you wouldn't change, even if you could:

1. _____
2. _____
3. _____



Adapted from *The Best You Can Be, Grades 4 - 6*, Red Deer Regional Health Unit.

Discover Healthy Eating! A Teacher's Resource for Grades 1 - 6, 1999



Activities, Grade 4