

UVM ScholarWorks

Self-Reflection Book in K-3rd Grade After School Program

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Authors	Wieland, Rebekah
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My Book About Me

Paste a picture of yourself here!

My name is

I am in _____ grade

Draw yourself below!!

Write your first name below. For each letter write a word that begins with that letter that describes you (For example if your name was Anna-Athletic, Neat, Nice, Active):

My favorite activities include

1. _____

2. _____

3. _____

Draw your favorite activity below:

My least favorite activities include

1. _____

2. _____

3. _____

Draw your least favorite activity below:

What do you do when you are SAD? For example do you cry/talk to a friend/be by yourself/hug a stuffed animal?

Draw a picture when you are SAD:

What do you do when you are **ANGRY**? For example
do you stomp your feet/yell/roll around on the
floor/scream into a pillow?

Draw a picture when you are **ANGRY**:

What do you do when you are SCARED? For example do you hide/are you quiet/do you wet your pants/get grumpy/get a stomach ache?

Draw a picture when you are SCARED:

What do you do when you are DISGUSTED? For example do you run away/scream/make a yucky face?

Draw a picture when you are DISGUSTED: