

I'm not robot!



<b>My Family History</b> <ul style="list-style-type: none"> <li>• Where your family is from</li> <li>• Where you were born</li> <li>• Where you were raised</li> <li>• Who raised you</li> <li>• How many siblings</li> <li>• Who you were closest too</li> </ul>		<b>Childhood Memories</b> <ul style="list-style-type: none"> <li>• Favorite memories that brings comfort</li> <li>• Things you collected</li> <li>• Places you visited</li> <li>• Games and activities</li> <li>• People spent time with</li> </ul>	
<b>My Culture</b> <ul style="list-style-type: none"> <li>• Race</li> <li>• Religion</li> <li>• Traditions</li> <li>• Beliefs</li> <li>• Language/s</li> </ul>	<b>My Character Traits</b> Your positive qualities that make you proud and what others enjoy about you.		<b>My Body</b> <ul style="list-style-type: none"> <li>• Physical appearance</li> <li>• Illnesses or disorders</li> <li>• Gender</li> <li>• Physical abilities</li> </ul>
<b>My Talents</b> Skills that you developed over time with practice and are mastering.	<b>I AM</b>		<b>My Hobbies</b> Activities that bring you enjoyment and purpose.
<b>My Dreams &amp; Wishes</b> <ul style="list-style-type: none"> <li>• What you want for your future</li> <li>• Education and career hopes</li> <li>• Experiences you dream about having in your future</li> </ul>			<b>Ways I Feel Better</b> <ul style="list-style-type: none"> <li>• People, places, things, and activities that bring joy &amp; relief</li> <li>• Gratitude</li> <li>• Affirmations</li> <li>• Coping skills</li> <li>• Relaxation</li> </ul>

## MY NEEDS TODAY

Day: \_\_\_\_\_

<p><b>Physical Needs</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Food and vegetables</li> <li><input type="checkbox"/> Vitamins/medication</li> <li><input type="checkbox"/> Clean air (physical activity)</li> <li><input type="checkbox"/> Medical care/treatment</li> <li><input type="checkbox"/> Movement</li> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Sleep/rest</li> <li><input type="checkbox"/> Touch</li> <li><input type="checkbox"/> Safety</li> <li><input type="checkbox"/> Shelter</li> <li><input type="checkbox"/> Physical assistance</li> <li><input type="checkbox"/></li> </ul>	<p><b>Emotional Needs</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> To be in control</li> <li><input type="checkbox"/> Mastery over emotions</li> <li><input type="checkbox"/> Moments of pleasure/fun</li> <li><input type="checkbox"/> Time alone</li> <li><input type="checkbox"/> Quiet</li> <li><input type="checkbox"/> Peace/relaxation</li> <li><input type="checkbox"/> Happy memories</li> <li><input type="checkbox"/> Fresh air/nature</li> <li><input type="checkbox"/> Time to think</li> <li><input type="checkbox"/> Fresh air each of the senses</li> <li><input type="checkbox"/> Creative outlets</li> <li><input type="checkbox"/></li> </ul>
<p><b>Cognitive Needs</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Time for self-reflection</li> <li><input type="checkbox"/> Challenge</li> <li><input type="checkbox"/> A sense of purpose</li> <li><input type="checkbox"/> Accomplishment/achievement</li> <li><input type="checkbox"/> Self-confidence/self-acceptance</li> <li><input type="checkbox"/> Clarity/understanding</li> <li><input type="checkbox"/> Help or guidance</li> <li><input type="checkbox"/> Attention and focus</li> <li><input type="checkbox"/> Balanced thinking</li> <li><input type="checkbox"/> Organization and plans</li> <li><input type="checkbox"/> Consistent</li> <li><input type="checkbox"/> Predictability and structure</li> <li><input type="checkbox"/></li> </ul>	<p><b>Social Needs</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attention/connection</li> <li><input type="checkbox"/> Respect/appreciation</li> <li><input type="checkbox"/> Privacy or autonomy</li> <li><input type="checkbox"/> Empathy with validation</li> <li><input type="checkbox"/> Fair/generous resolution</li> <li><input type="checkbox"/> To be included or feelings heard</li> <li><input type="checkbox"/> To be heard/understood</li> <li><input type="checkbox"/> Advice/feedback/support/encouragement</li> <li><input type="checkbox"/> To have fun</li> <li><input type="checkbox"/> Boundaries respected</li> <li><input type="checkbox"/> To be trusted/defended</li> <li><input type="checkbox"/></li> </ul>

**EXPRESSIONS OF MYSELF**  
USING ART & WRITING FOR SELF-EXPRESSION

I AM GOOD AT A LOT OF THINGS!  
I CAN DRAW & WRITE POSITIVE THINGS ABOUT MYSELF.

SOMETIMES I'M BORED  
I CAN DRAW & WRITE ABOUT MY BORED FEELINGS.

I AM HOPEFUL.  
I CAN DRAW & WRITE ABOUT THINGS I WISH FOR MY FUTURE.

EVERYBODY GETS ANGRY SOMETIMES.  
DRAWING AND WRITING ABOUT IT CAN HELP.

I AM A LOVING PERSON.  
DRAWING AND WRITING ABOUT LOVING FEELINGS FEELS GOOD.

EVERYONE WORRIES SOMETIMES.  
I CAN DRAW & WRITE ABOUT THINGS THAT MAKE ME ANXIOUS.

BEING HAPPY FEELS AWESOME.  
I CAN DRAW & WRITE ABOUT THINGS THAT MAKE ME FEEL HAPPY!

BEING SCARED ISN'T A GOOD FEELING.  
DRAWING & WRITING ABOUT SCARY THINGS CAN HELP.

**free printable book**

**SELF EXPRESSION**

KITCHENTABLECLASSROOM.COM

Growth Mindset Worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_

## Change Your Words, Change Your Mindset!

Turn these negative comments into positive thinking:

Fixed Mindset	Growth Mindset
I'm not good at this.	
This is too hard, I give up!	
I made another mistake.	
They're smarter than me.	
I can't make this any better.	

MENTAL HEALTH AND WELLBEING Teach Starter



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