



# 'LET ME BE MYSELF'

## This is me



My hair colour is... I don't like to... The name of my school is...

My last name is... My first name is... I am a boy/girl I am in the ... grade

My hometown is... My country of birth is... The colour of my eyes is... My birthday is in the month of...

My hobbies are... There are ... people living in our house. My kind of music is...

My zodiac sign is... My religion is...

After school, I like to... My mother is from... My father is from...

My skin colour is... My favourite food is... A boy/girl I really like is... My favourite holiday destination is...

A less positive trait of mine is... A positive trait of mine is...



How my parents describe me:



How my friends describe me:

## This is what I share with others

- 1 What are the characteristics you were born with (and cannot change)? Make them **RED**.
- 2 What are the characteristics that can change? Make them **GREEN**.
- 3 Right now, this is very important to me. Add an (!) exclamation mark to these answers.
- 4 About which part of your identity do you get positive feedback? \_\_\_\_\_
- 5 And negative feedback? \_\_\_\_\_
- 6 This is what I share with the person sitting next to me. Circle the words you have both written down.