

NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

## Health and Family Life Education

**INSTRUCTIONS:** Write one sentence on each of the following questions.

1. What do you love about yourself?

---

---

2. What do others like about you?

---

---

3. Write down three things that you are good at.

---

---

### 🌸 I'M GLAD TO BE ME 🌸

I look in the mirror  
And what do I see,  
I see the me  
No one else can be.

I am precious,  
I am glad to be me.  
My hair, my face,  
My personality

My size, my shape,  
The color of my skin,  
All make up me  
Outside and in.