

Activity 1

One of a Kind

Directions: Answer the questions below to discover more about what makes you unique.

Heredity

1. List three traits that you inherited from your parents. _____

Role Models

2. Identify three people who guide the way you behave. _____

Self-Concept

3. Identify three personality traits that help you feel good about yourself. _____

Responsibility

4. What are three ways that you show responsibility in your daily actions? _____

Values

5. Identify three values that are important to you _____

Emotions

6. List three things you can do if you need to control your emotions. _____

Grooming

7. What are three actions you can take each day to care for your appearance? _____
