

SEL • GRADES 2–3

# All About Me

Things that make you, you

## Three things I'm good at

Could be a school subject, a sport, or anything else you do — riding a bike, making people laugh, taking care of a pet.

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## A time I tried hard at something difficult

What was it? What did you do? How did it feel after?

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## Three nice things I did for someone this week

Big or small. Helping. Listening. Sharing. Making someone laugh.

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**Something I'd like to get better at**

Your goal — and one small thing you can do this week to start.

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**Something I LIKE about myself**

Could be how you treat others, how you think, how you look — anything. There's no wrong answer.

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