




# WHAT I LOVE ABOUT ME

Grades 3-5



Objectives: Learn  
that loving  
yourself is  
incredibly  
important!

• Love yourself •

# WHAT DO YOU LOVE ABOUT YOU?

Supplies:  
Paper  
Crayons  
Markers  
Rulers

# OBJECTIVE:

Loving yourself is incredibly important! Remind yourself everyday why you are amazing. But even though it's important to love yourself, it's still okay to set goals for yourself!





# ACTIVITY TIME

## STEP 1:

Get a piece of paper and create a border around the page.

# STEP 2



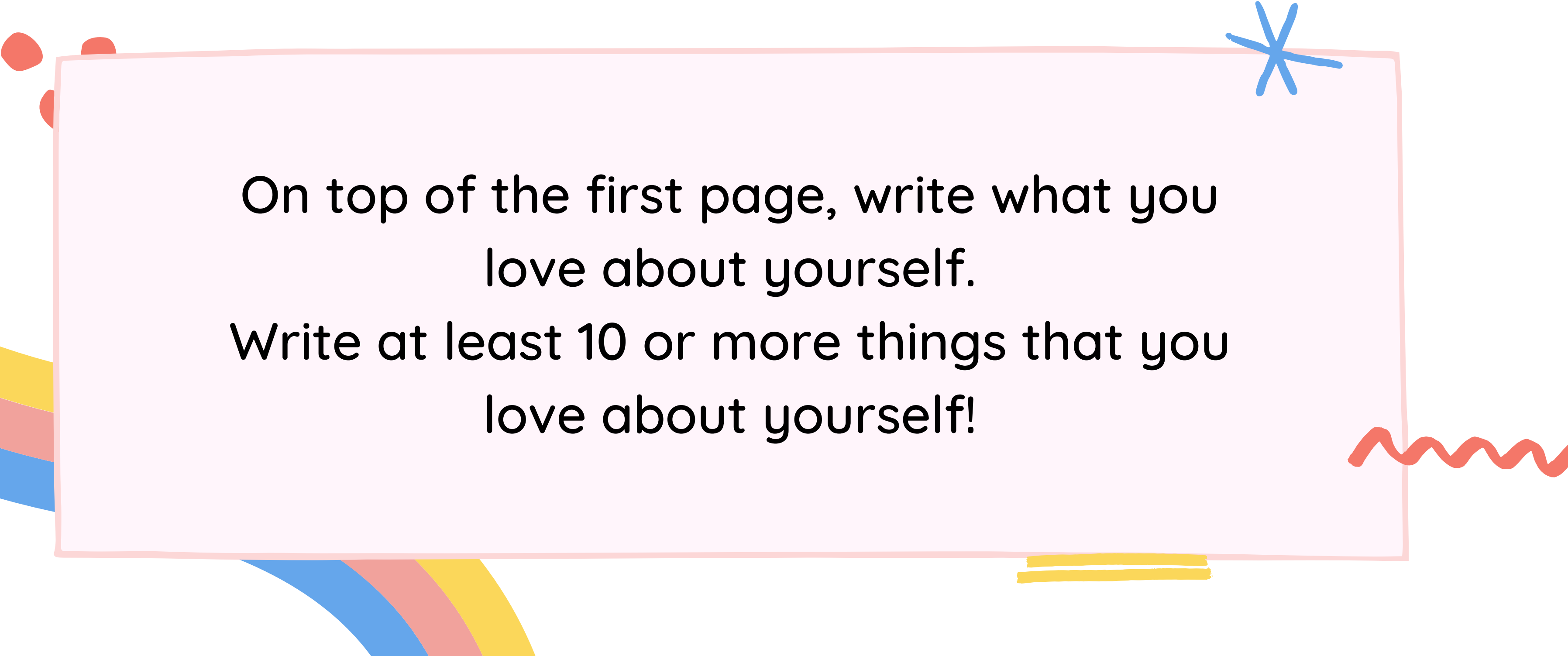
After you create your border, you can make a fun design in it!

# STEP 3:



Draw a line through the middle of your page.




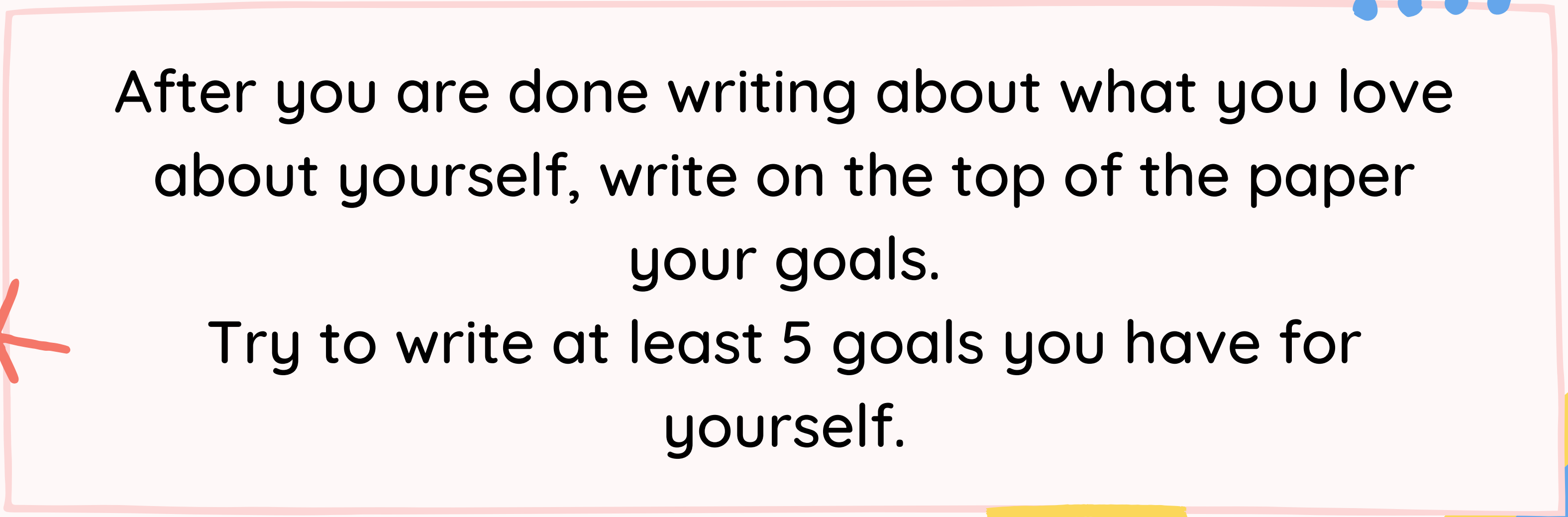
# STEP 4:



On top of the first page, write what you  
love about yourself.  
Write at least 10 or more things that you  
love about yourself!



# STEP 5:



After you are done writing about what you love about yourself, write on the top of the paper your goals.

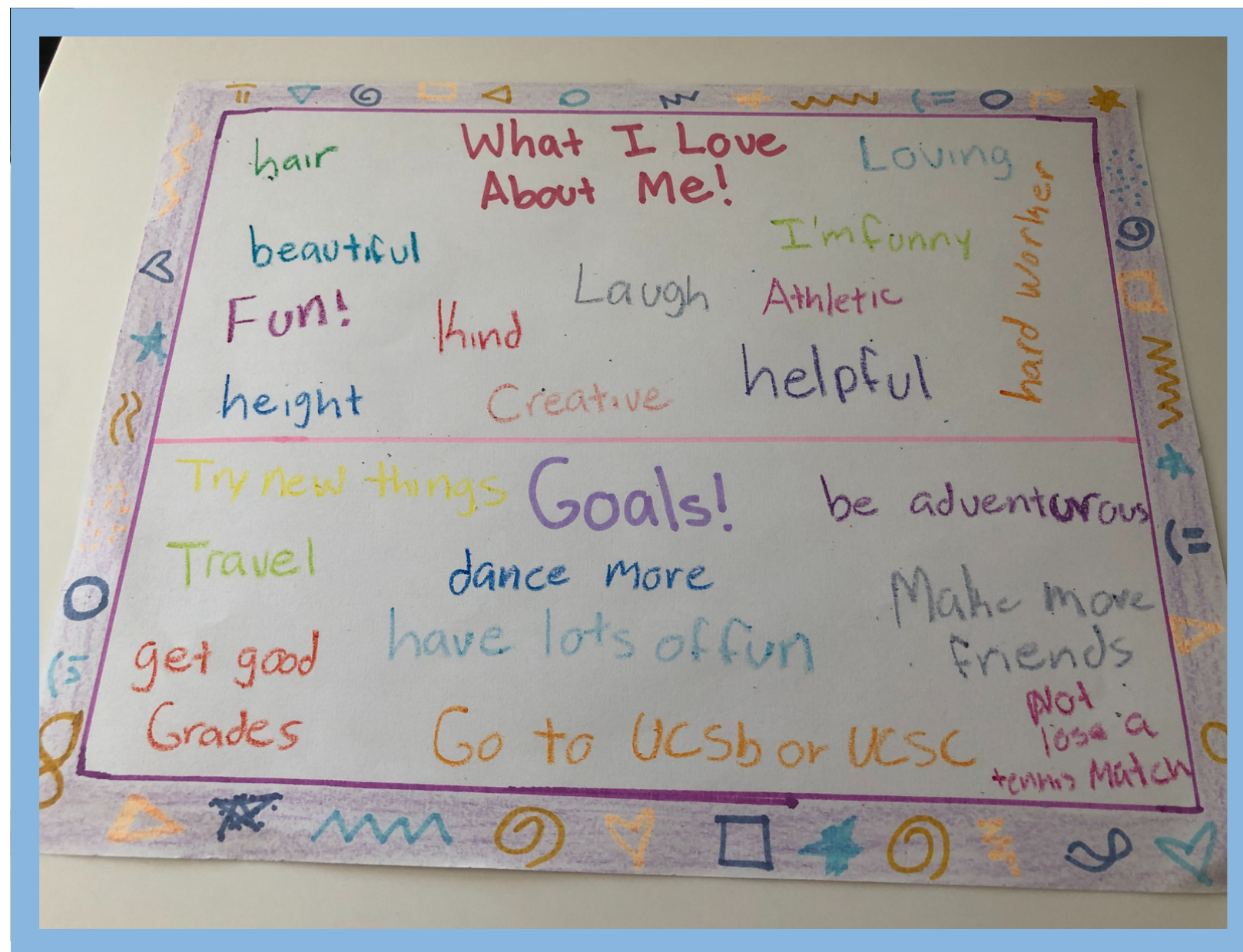



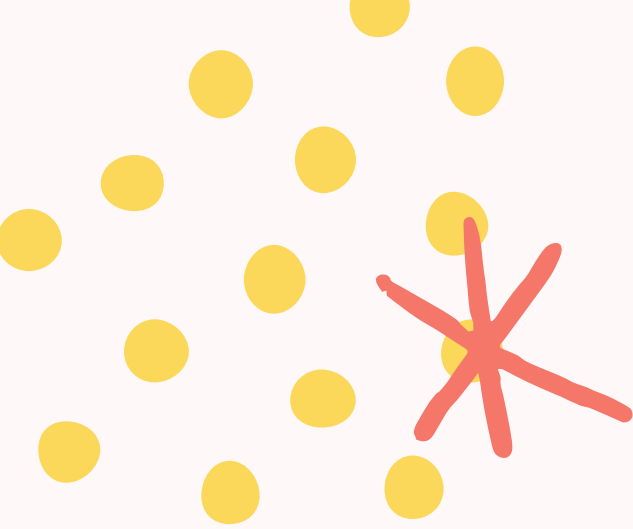
Try to write at least 5 goals you have for yourself.





# EXAMPLE





# FINAL STEP

Once you are done, you can either  
take home your creation or hang it  
up!

