

# THIS IS ME

*Our Skin, Our Self Esteem Handout, ages 8-10*

**My name is \_\_\_\_\_, and this is me:**

Things I am good at:

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Something that makes me different:

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Positive qualities:

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Three positive words that describe me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_