

# Self-awareness worksheet

Name: \_\_\_\_\_

Type, write, or tell someone your responses.

<p><b>I usually do well in these areas:</b></p> <hr/> <hr/> <hr/>	<p><b>I sometimes need help with:</b></p> <hr/> <hr/> <hr/>
<p><b>My favorite thing about school is:</b></p> <hr/> <hr/> <hr/>	<p><b>The hardest thing about school is:</b></p> <hr/> <hr/> <hr/>
<p><b>I feel more comfortable at school when teachers:</b></p> <hr/> <hr/> <hr/>	<p><b>When I need help at school, I like to:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Raise my hand</li><li><input type="checkbox"/> Work with a classmate</li><li><input type="checkbox"/> Write a note or email to the teacher</li><li><input type="checkbox"/> Use a signal to let the teacher know I need help</li><li><input type="checkbox"/> Other: _____</li></ul>
<p><b>When things are hard for me, I can ask these people for help:</b></p> <hr/> <hr/> <hr/>	

# Self-awareness worksheet

Name: \_\_\_\_\_

Write, draw, or paste pictures for your responses.

<p><b>I usually do well in these areas:</b></p>	<p><b>I sometimes need help with:</b></p>
<p><b>My favorite thing about school is:</b></p>	<p><b>The hardest thing about school is:</b></p>
<p><b>I feel more comfortable at school when teachers:</b></p>	<p><b>When I need help at school, I like to:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Raise my hand</li><li><input type="checkbox"/> Work with a classmate</li><li><input type="checkbox"/> Write a note or email to the teacher</li><li><input type="checkbox"/> Use a signal to let the teacher know I need help</li><li><input type="checkbox"/> Other:</li></ul>
<p><b>When things are hard for me, I can ask these people for help:</b></p>	