

Always Changing & Growing Up

Activity Sheet 8

A Changing You

Name: _____

Things I Did Well Then:

(i.e. draw, swim)

Favourite Things I Did In Grade 1:

People Important To Me Then:

(i.e. friends, parents)

Did You Know... that there are three times in your life when you grow rapidly? Can you guess what they are?

1. _____

2. _____

3. _____

Things I Do Well Now:

(i.e. basketball, sing, cook)

One Thing I Am Proud Of:

My Interests:

Someone Important To Me Now:

(i.e. parent, teacher, friend)

Things I Want To Work On:

(i.e. a new skill)

Things I Like Best About Myself:
