

Health 9/17/18

EQ: What kind of person do I want to become?

CW: Future Me

HW: No HW

Agenda

1. Hands into the future activity
2. Finish positive self-talk



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Step 1: Trace Hands



Step 2: Label Hands

Left Hand: Present Me

Right Hand: Future Me

Step 3: Inside and Out

Left Hand:

Inside: Draw pictures to represent you now

Outside: Write words that describe you now

Right Hand:

Inside: Draw picture to represent you in 30 years

Outside: Write words to describe you in 30 years



Present
Me

-I want to be healthy
I want to be a
good teacher/parent
My goal is to be a
good person in
the future. I
try to maintain a
healthy body, and
I love to learn.

-I would like to be
a good or better at art
at 20. My dream will be
to be a good person in
the future. I
would like to be
a good person.



Future
Me





On the back...

2 Paragraphs about yourself now...

What is your family like?

What do you do for fun?

2 Paragraphs about yourself in 30 years...

What are you like?

What do you do?

Write about anything you want!