Health 9/17/18

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

CW: Future Me

HW: No HW

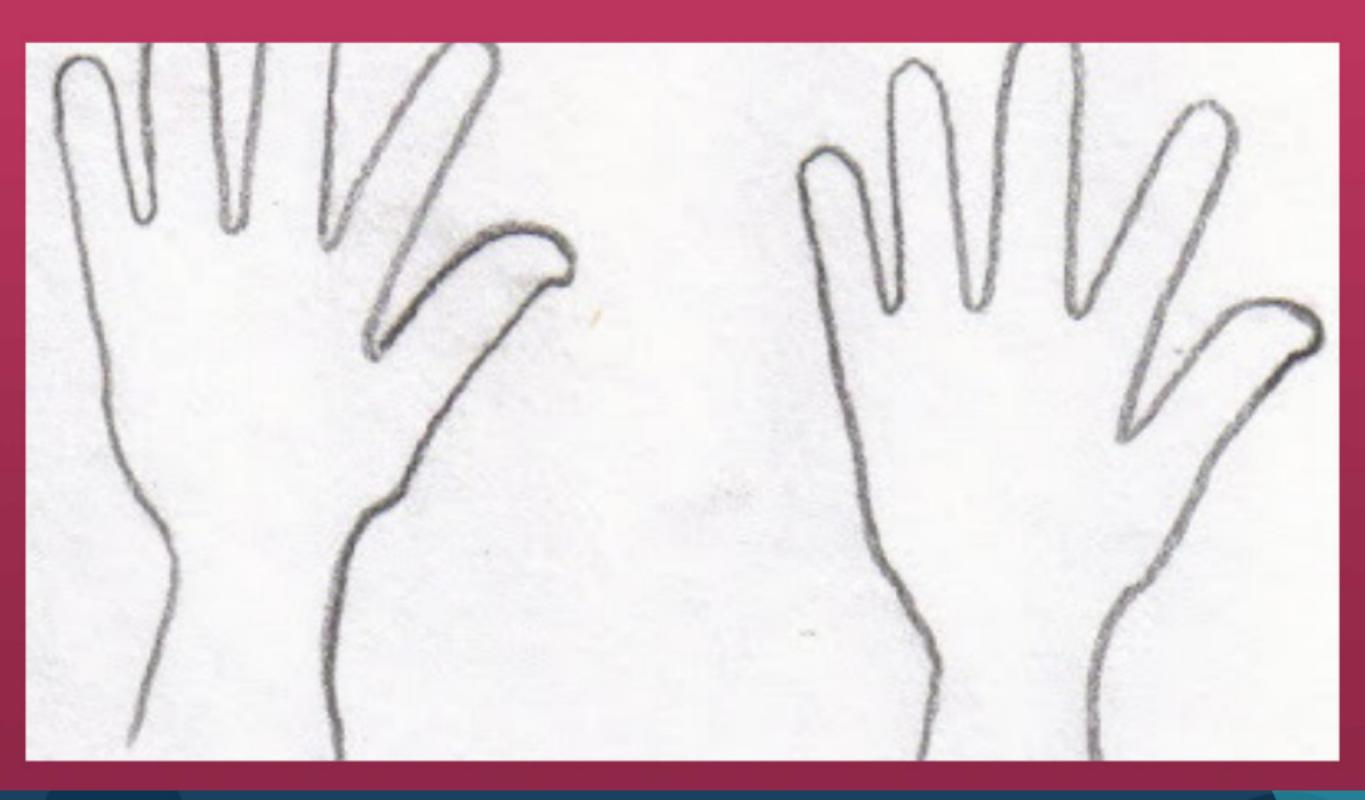
Agenda

1. Hands into the future activity

2. Finish positive self-talk



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

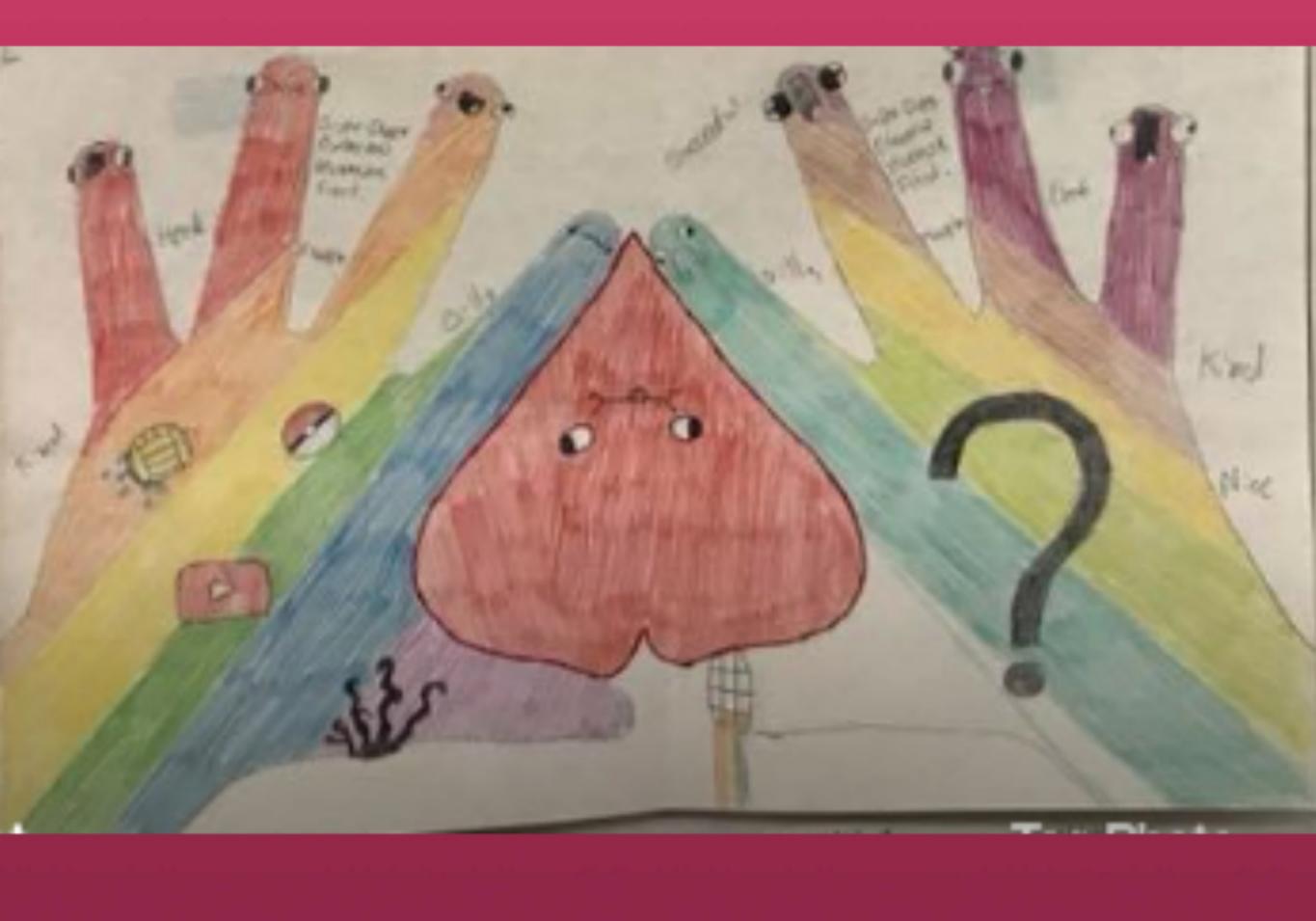
Outside: Write words that describe you now

Right Hand:

Inside: Draw picture to represent you in 30 years

Outside: Write words to describe you in 30 years







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!