



## WHAT I LOVE ABOUT ME

**OPTIMAL GRADES:** 5<sup>th</sup> – 12<sup>th</sup> grade

**be nice.** ACTION PLAN focus: **empower**

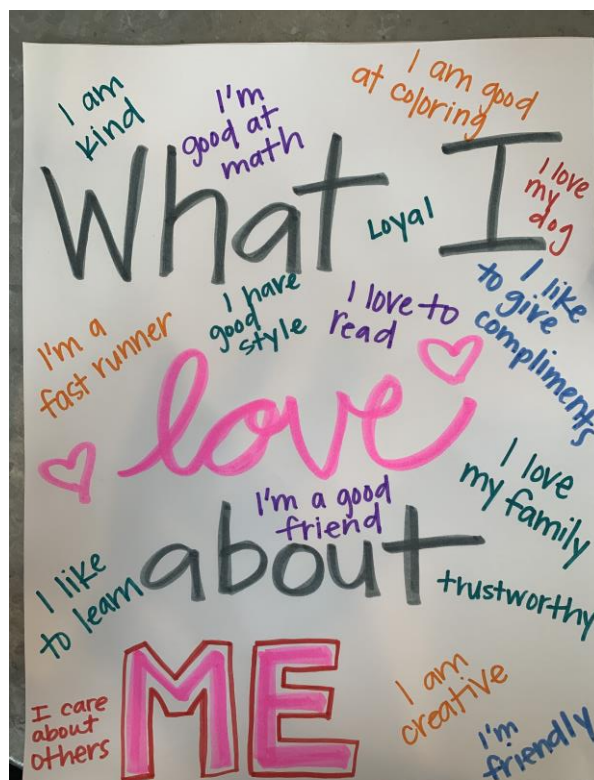
**MATERIALS:** handout below OR blank piece of white paper; markers or colored pencils

### **DIRECTIONS:**

Remind students what the word "empower" means. It means to give power. You can give power to others AND you can give power to yourself. One way to empower yourself is positive self-talk.

On a scrap piece of paper have students brainstorm/write down different things they love about themselves. Then use the template on next page (or have students design their own) to give to students. Have them creatively write different things they love about themselves all over the page. Color and pictures are optional.

\*\*Picture below is an example of finished product and second page is a blank template for the student



What I  
love  
about  
ME