

Resource 7

What makes me 'Me' worksheet

- Read through the list of qualities below.
- Silently pick five qualities that describe you and five to describe a partner.
- Share. Talk about why your partner included any words that you didn't.
- Circle your final choice of words to describe you. You can add other words to the list below if you want.

How would you describe...?

Honest

Sporty

Well organised

Friendly

Hard working

Good listener

Quiet

On time

Confident

Helpful

Practical

Responsible

Tidy

Competitive

Persuasive

Careful

Cheerful

Enthusiastic

Polite

Imaginative

Enterprising

Kind

Funny

Adventurous

What helped you recognise these qualities?

- Explain why you circled two of the qualities that you did. Example: I think I'm a good listener because friends talk to me when they have a problem.