| How I Feel and My Abilities—Advisory |
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| How I Feel/My Abilities 6th Grade February |
| Introduction |
| Teacher Script We do not all see things the same way. That is what makes us individuals. This is a checklist to make you think about yourself. There are no right or wrong answers. Read each statement and decide which makes the most sense to you. Put an x in that box.  When complete ask the following questions of your students |
| Activity 1 |
| Have students answer worksheet, then ask  How do you think this checklist fits your ideas and feelings?  What did you learn about yourself?  What other qualities are important parts of yourself?  Can you see any way this checklist could be used in a self-improvement program? |
| Activity 2 and 3 |
| Hand out the You and Your Abilities worksheet. Have students go through the abilities. Discuss with the students that the area with the most checkmarks of yes are probably their strongest abilities. Do they agree? |

Students will keep the worksheets for their personal resource.