

I AM WORTHY

STUDENT ACTIVITY SHEET



Everyone belongs. Everyone matters.



DRAW IT!

Draw a picture of yourself doing something you are proud of or that makes you feel good about who you are.



I AM...

Check (✓) the words that are true about you. You can check more than one!

☐ Kind

☐ Important

☐ Brave

☐ Smart

☐ Caring

☐ Unique

☐ Creative

☐ Enough

☐ Helpful

☐ Loved



COMPLETE THE SENTENCE.

I am worthy because...



A KINDNESS ACTION.

One way I can help make others feel included, valued and respected is...
