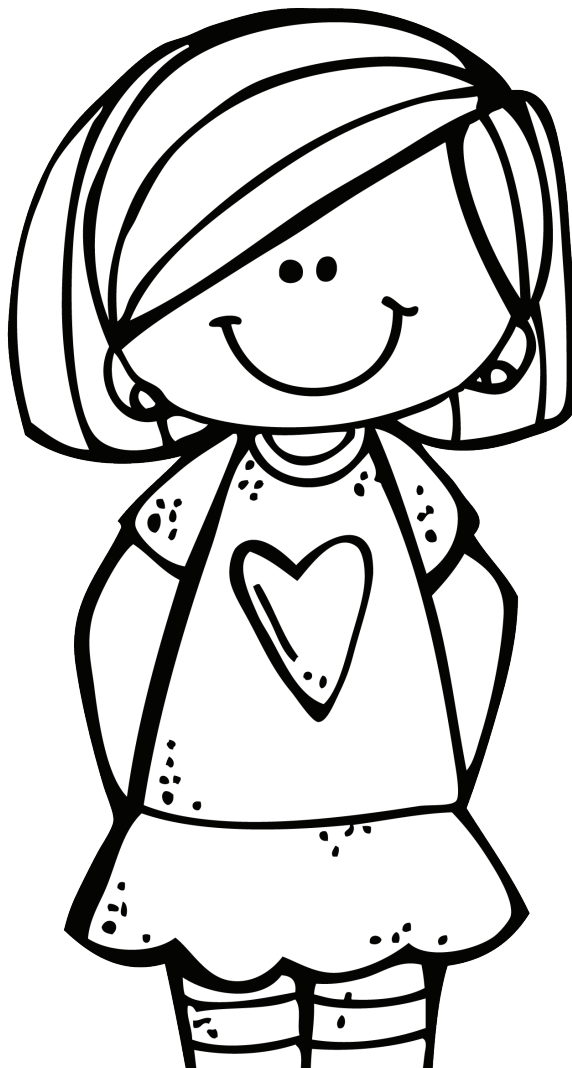


Somebodyness

A Workbook to Help Kids Boost Their Self-Confidence

If you're reading this book, you may be feeling a little down on yourself. Maybe you've been bullied or picked on. Maybe other kids have laughed at you, or made you feel very small.

It's easy to let these things get you down and make you feel like you're not special or important, but you know what? **YOU ARE** a wonderful person! You have a lot of special qualities and talents that make you who you are. As you complete the activities in this book, you'll learn what those special qualities are. You'll also learn to remind yourself of how special and wonderful you are!



Take a second to introduce yourself.

Hi! My name is _____.

I have _____ hair, _____ eyes, and _____ skin.

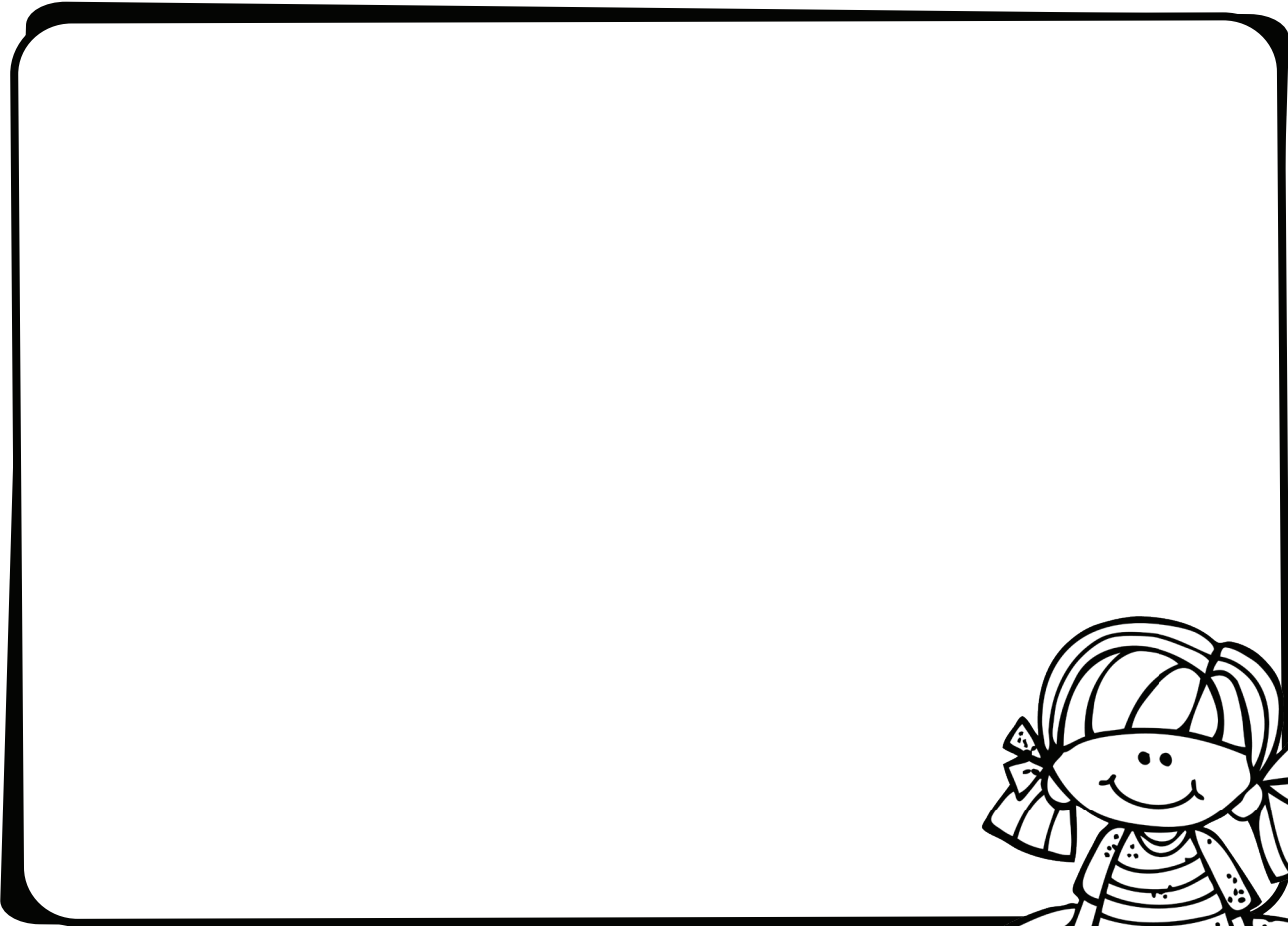
My favorite color is _____.

and my favorite food is _____.

At school, my favorite subject is _____.

At home, my favorite activity is _____.

In the box below, draw a picture of yourself. If you want, you can include some of your favorite things in the picture as well.



Now think about your feelings and fill in the following sentences:

I feel happy when...

I feel sad when...

I feel important when...

I feel angry when...

I feel loved when...

I feel disappointed when...

I feel frustrated when...

A warm fuzzy is something good that happens. A cold prickly is something bad that happens. Read the situations below. Color the warm fuzzies yellow and the cold pricklies gray.

Sara calls you a baby.

Cullen laughs when you fall.

Will says you're a good friend.

Erica gives back a dollar that you dropped.

Erin says she likes your poster.

Josh hits you.

Your mom gives you a hug.

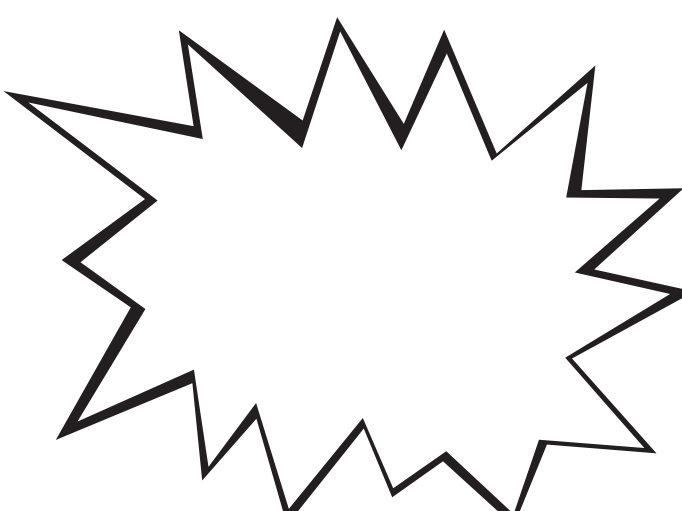
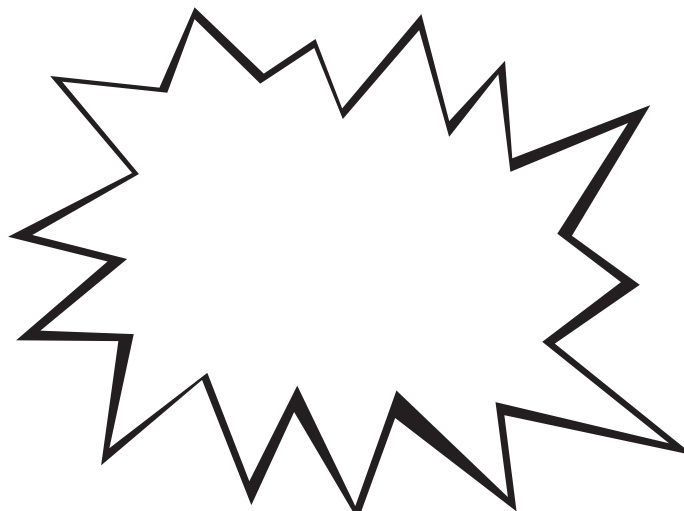
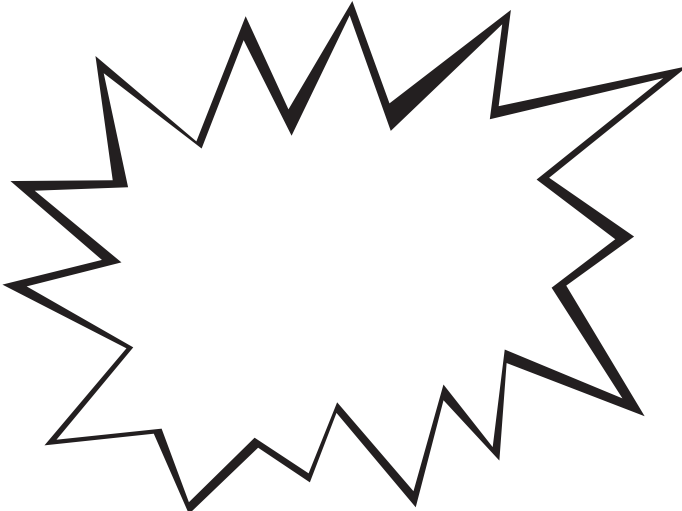
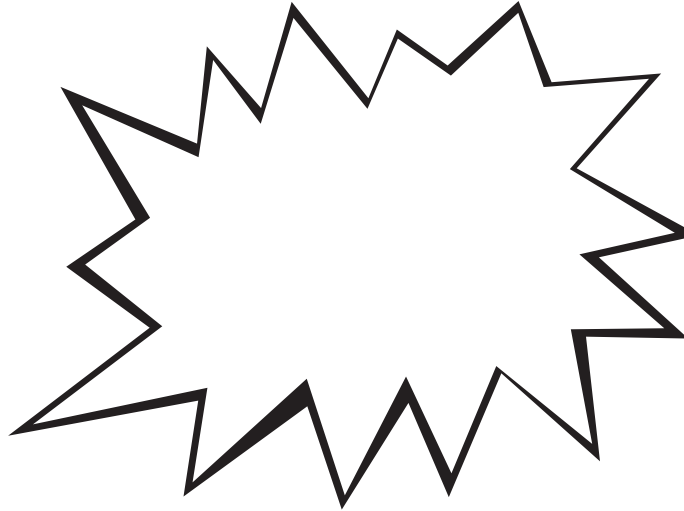
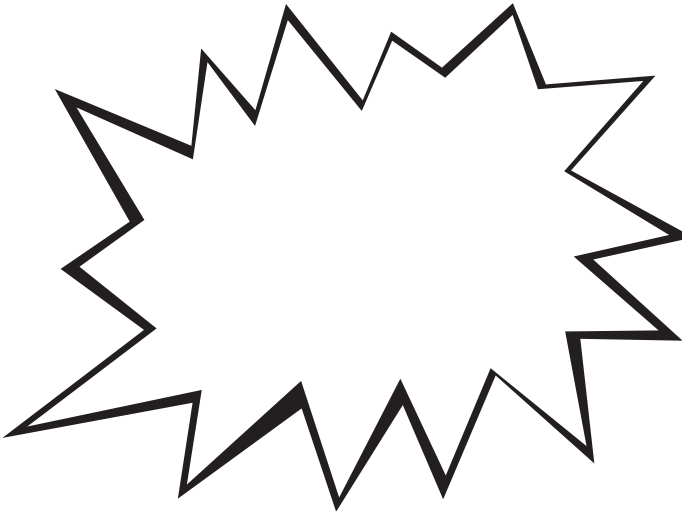
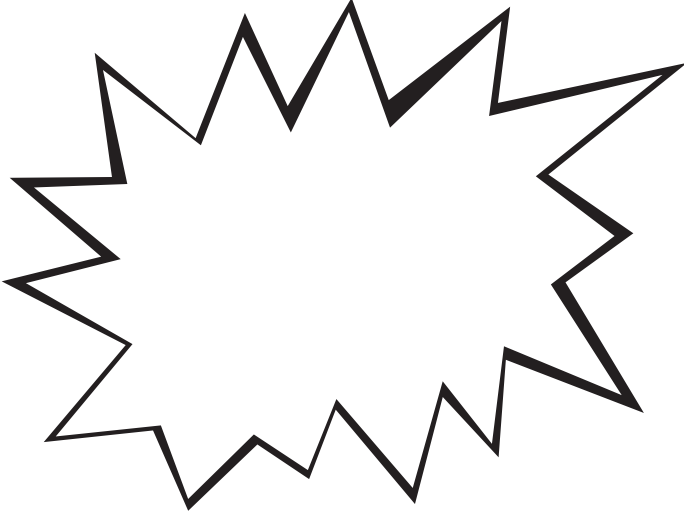
Quince stops being your friend.

Laurel takes your lunch money.

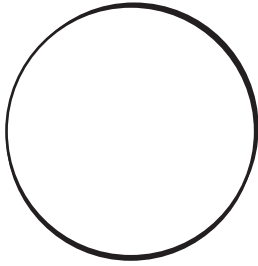
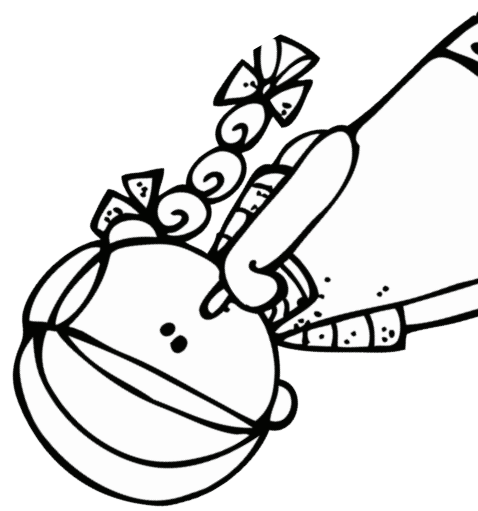
How would the warm fuzzies make you feel?

How would the cold pricklies make you feel?

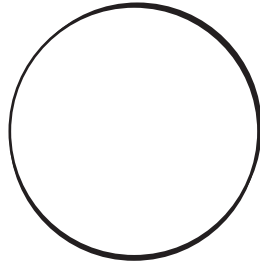
Think about what has happened over the last week. come up with three warm fuzzies and three cold pricklies that happened to you, or that you gave to others.



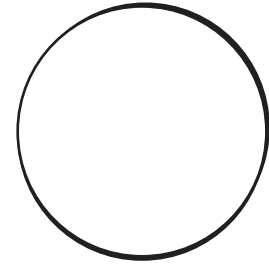
Knowing how you feel and when you feel that way can help you become more self-confident and feel better about yourself. Each of the circles below is labeled with an emotion. Draw a face in the circle to represent the emotion listed, and on the lines below the emotion, write how you know you're feeling that emotion.



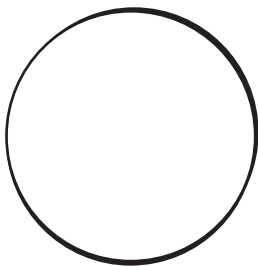
ANGRY



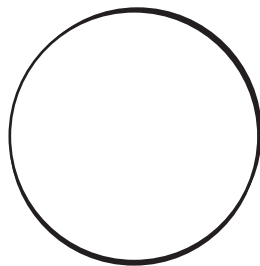
HAPPY



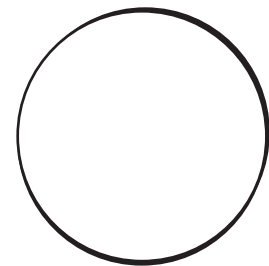
SAD



LOVED



DISAPPOINTED



IMPORTANT

The words below are adjectives. Adjectives are describing words, and we often use adjectives to describe people. The adjectives in the lightning bolts are negative adjectives, and not nice ways to describe people. The adjectives in the stars are positive adjectives, and nice way to describe people. Look at the adjectives, and color in the ones people have used to describe you.

