

All About Me

I can...	Novice (No)	Developing (Not Yet)	Secure (Yes)
Tell another person about myself			
Ask another person about themselves			
Answer simple questions about myself			
Identify my personal qualities			
Identify positive words to describe myself			
Identify words that others may use to describe me			
Discuss body image			
Describe how to help my body stay strong and healthy			
Identify things that I do/can do to stay healthy			
Identify achievements that I am proud of			