

SOCIO-EMOTIONAL WELL-BEING

Student's Worksheets: GRADE 8 - Lesson 3

WORKSHEET: "MY PATH TO GROWING STRONGER"

Building My Success Stairs

1. Identify one limitation you may have?

Write or draw your limitation in the space provided below.

Example: "I find it hard to read aloud."

My limitation: _____

2. How do you feel about it?

Draw a face to show how you feel about this limitation:



Draw your emotion here!

Emotion prompt:

- o How do you feel when you make a mistake?

My answer: _____

3. Who can help you?

Write or draw someone you trust who can help you with this limitation.

Example: A teacher, parent, or friend.

Help prompt:

- o Who can you ask for help if you do not understand something?

My helper: _____

4. What actions can you take?

Write or draw actions you can take to improve this limitation.

Example: "Practice reading one paragraph daily."

My actions: _____

5. How will you feel when you succeed?

Draw a face or symbol to show how you will feel after overcoming your limitation.



Draw your happy face here!

Reflection prompt:

- o Think of a time when you overcame a problem. What helped you?

My answer: _____

Complete "My strength tree" by:

- a. Writing or drawing your strengths in the leaves
- b. Writing or drawing people or things that support you.

