

# SOCIO-EMOTIONAL WELL-BEING

## Student's Worksheets: GRADE 7 - Lesson 7

### My Personal Bubble

Imagine you have an invisible bubble around you that helps you feel safe and happy.

1. In the circle below, draw yourself inside your bubble.
2. Inside the bubble, draw or write things you like and that make you feel safe (e.g., hugs, quiet, playing).
3. Outside the bubble, draw or write things you don't want too close to you (e.g., loud noise, shouting, people yelling). You can use colours, symbols, or pictures to decorate your bubble!

