

GET TO REALLY KNOW SOMEONE

<p>OBJECTIVES</p>	<p>Connecting with other people in meaningful ways takes practice, time, and effort. The hard work is worth it! After completing this activity, you will understand that individuals have unique strengths and weaknesses.</p> <p>Desired Behavior: Increase initiation of conversations with those one lives with about how one perceives oneself.</p>
<p>MATERIALS NEEDED</p>	<p>Print the template attached Pen or pencil Phone/iPad if desired</p>
<p>STEP BY STEP</p>	<p>Sit with/FaceTime with one other person and ask them the questions on the template attached. Ideally, this person is someone you live with. Pay attention to their answers, write them down and then introduce this person to others with the new information you have learned! Answering these questions is not an easy task.</p>
<p>FOLLOW UP ACTIVITIES</p>	<p>Write down two strengths and weaknesses you see in yourself. Share that with at least one person in your life.</p>
<p>MODIFICATIONS</p>	<p>Younger learners The adult can interview a younger child; encourage the child to draw pictures that illustrate their recollection or understanding of their answer.</p> <p>Older learners Engage in a text or face-to-face conversation with your parent(s) or grandparent(s). Our family members often shed light into our own history.</p> <p>Learners with special needs Use photos for choices; list reinforcing items and activities as potential answers.</p>

Name:

Date:

What is one thing you have to work really hard at?

What is one of the most remarkable things you have ever seen?

What is one of the rules you have for your body?

What is one of the happiest moments of your life?

Name one thing you are afraid of.

What is one of the saddest moments of your life?

Who has been the kindest to you in your life so far? Why?

What is one of your earliest memories?

What are you really proud of that you can do?

What do you think your future holds?