



Thanks, Me!

Supports Meeting 1, Activity 2, Choice 1

Take a moment to appreciate your amazing body! Write something you love to do in each of the four star shapes. It could be reading, playing a sport, spending time with a pet, painting, singing, or any other activity you enjoy. Write down the body parts you use to do each activity in the small ovals. If an activity uses more than five body parts, add more ovals!

ME

When you're done filling out the chart, don't forget to thank your body for everything it does—
and how it makes you uniquely YOURSELF!