

### **Good Food**

What you do to make sure  
you eat well?  
What is your favorite food?

### **Appearance**

What do you like about your  
appearance?

### **Good Hygiene**

What do you do to make sure you  
have good hygiene?

### **What your Best Friend Means to You?**

### **Good Choices**

What are the good choices you  
have made and your feeling about  
them?

### **Moods as Strengths**

Think about all your moods.  
Which moods do you have that are  
good and strong moods.

### **Your Future**

What do you want for  
yourself/family in the future?  
What are the feelings you have  
about that future?

### **Adult/Child Safety**

What do you do to make sure that  
you and others around you are  
safe?

### **Community**

What about living in your  
community do you like?

### **Your Identity**

What word/words describe who you  
are? What feelings do you have  
about your identity?