

180 Mornings About Me



1

ABOUT ME

Grades K, 1, and 2

SHEILA GARTH

2

FEELINGS
&
THINGS

3

WRITE

4

CREATE

5

ADD TO...



Little Friends for Big Feelings

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Welcome to 180 Mornings About Me!

This workbook is designed to help you start each day with intention, reflection, and creativity. With five engaging topics, you'll have the opportunity to explore your feelings, express your thoughts, and develop essential social-emotional skills. Each activity is crafted to promote self-awareness, encourage communication, and foster creativity in a fun and interactive way. Here's a quick preview of what's inside:

1. About Me

Discover who you are and what makes you unique! This section invites you to reflect on your personal qualities, interests, and experiences. Have fun sharing details about yourself that make you feel proud and embrace your individuality.



2. Feelings and Things

Emotions are powerful! This section helps you explore your feelings, both big and small. By understanding your emotions and thoughts, you'll be able to respond to situations with greater confidence and self-awareness.



3. Write

In this section, you'll sharpen your writing skills by responding to engaging prompts that guide your creative reflection. As you put thoughts on paper, you'll explore new ideas, build confidence in your voice, and deepen your self-awareness through thoughtful expression.



4. Create

Let your imagination run wild! In this section, you will have the opportunity to design and create. Whether it is drawing, building, or writing, your creations are a reflection of your unique ideas and creativity.



5. Add To

Finish your creations in fun ways. Each page allows you to add to each scene to produce your final, unique image.

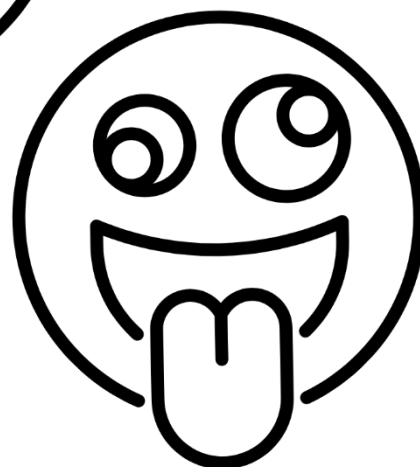
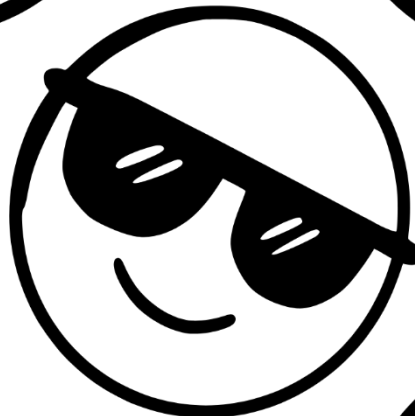


About Me

Draw a Picture of Yourself.

Feelings & Things

Color the Faces.



Write

Write Your Name.

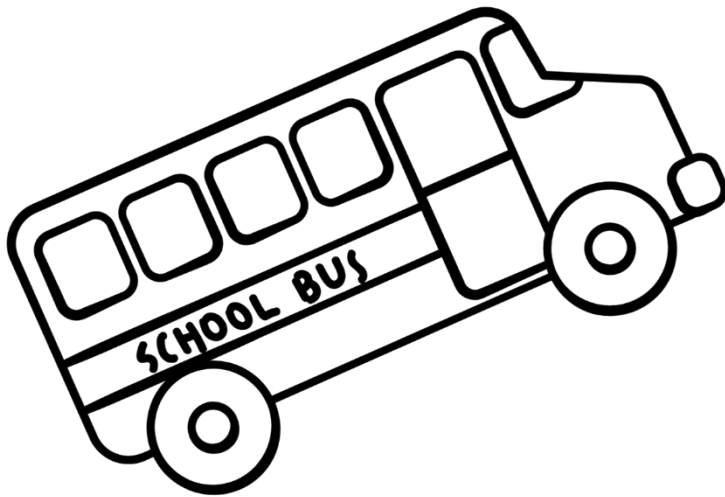
Create

Color the Backpack.



Add To

Create a Hill for the Bus.



About Me

Draw a Picture of Your Family.

Feelings & Things

**Draw Some Things You Like to
Do with Your Family.**

Write

**Write the Name of
Your Street.**

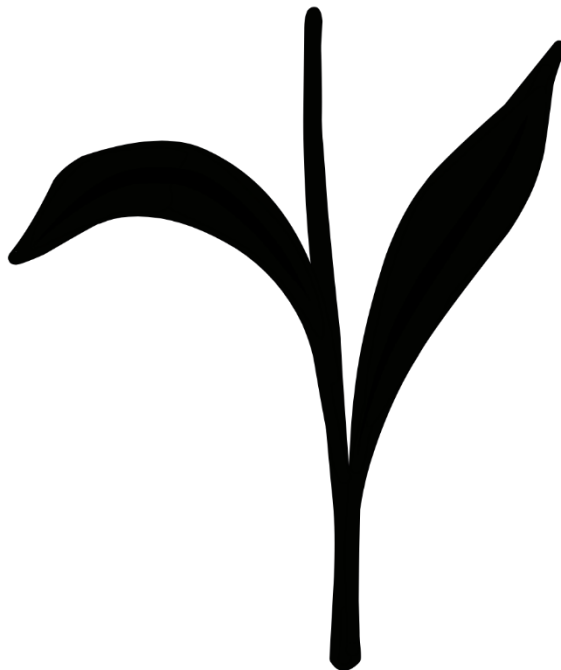
Create

Color the House.



Add To

Draw a Flower on the Stem.



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