Virginia Cooperative Extension

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HEALTHY WEIGHTS FOR HEALTHY KIDS

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WHO AM I?

HANDOUT FOR *SMART IMAGE*, 348-234

For this activity, write down a few traits that people see when they look at you. When you're done, write down some things that people might not know about you, just by looking at you. Then answer the questions on the back side of this page.

What do people see when they look at you?

Examples: I have brown eyes and brown hair.

What are some things that people can't see about you?

Example: I have a cat and two brothers. I like to read.

Virginia Tech

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List some traits it's important for a friend to have.

1. _____

2. _____

3. _____

There is an old saying that you can't judge a book by its cover. What do you think this means?

_____

_____

_____

_____

_____

What are some things you would like someone to know about you and who you are?

_____

_____

_____

_____

_____

After doing this exercise, would you change any of your answers?

YES _____ NO _____

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