

Body Talk Activity Sheet

(for Grades 6/7)

Name

Date

Parts of me that you can't see:

Write some words that describe your inner self – the parts that people can't see.

Examples:

I am a good reader
I love my family
I am good at singing
I have a pet
I don't like math
I fight with my sibling sometimes
I like TaeKwonDo

Parts of me that you can see:

Write some words that describe your outer self – the parts that you present to the world.

Examples:

I wear glasses
I like the colour green
I love soccer
I am in grade 5
I live in Canada
I am 4'3"