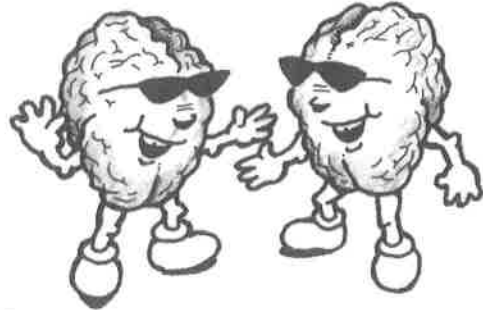


Lesson 3 -- continued

Get to know your best friend – YOU

The aim of this lesson is to help you get to know yourself better. It takes courage to be honest about yourself so decide now whether you are brave enough!



Look at these questions and consider your answers carefully.

1. What do you do when you are angry?
2. What makes you feel sad?
3. When was the last time you laughed out loud? When was the last time you cried?
4. Think of three things that you like to do and consider why.
5. Who would you talk to if you had a major worry?
6. How well do you cope when someone criticises you?
7. How do you cheer yourself up if you are in a bad mood?
8. When was the last time you couldn't get your way about something important? What did you do?
9. What do you do when you get stuck at school?
10. How would you describe your personality?



Discuss your answers with your partner and see if they agree or disagree with you.

Choose some of your answers. Write them down and put them in an envelope.

Pass them to another pair and ask them to write down the questions they relate to.

Then discuss as a foursome and see how many you got right.

What 3 things have you learnt about yourself from this?

1. _____
2. _____
3. _____

If you didn't learn anything that says something about you too!