

My Sensational Self

By: _____

Date: _____



BODY ACTIVATED LEARNING 
Powered by Sensational Achievements!

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BODY ACTIVATED LEARNING 
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All About Me

My Family:

My Pets:

My Favorite Things:

1. _____
2. _____
3. _____

Things I am Good At:

1. _____
2. _____
3. _____

All About Me

My Family:

My Pets:

My Favorite Things:

1. _____
2. _____
3. _____

Things I am Good At:

1. _____
2. _____
3. _____

Things That I Don't Like/Things That Bother Me

Foods:

Why?

Places:

Why?

Things That I Don't Like/Things That Bother Me

Foods:

Why?

Places:

Why?

Activities:

Why?

Things people do:

Why?

Anything Else:

Activities:

Why?

Things people do:

Why?

Anything Else:

Things that wake me up and give me energy:

1. _____
2. _____
3. _____
4. _____
5. _____



Things that help me concentrate:

1. _____
2. _____
3. _____
4. _____
5. _____

Things that wake me up and give me energy:

1. _____
2. _____
3. _____
4. _____
5. _____



Things that help me concentrate:

1. _____
2. _____
3. _____
4. _____
5. _____

Things that help me relax:

1. _____
2. _____
3. _____
4. _____
5. _____



Things that help me fall asleep:

1. _____
2. _____
3. _____
4. _____
5. _____

Things that help me relax:

1. _____
2. _____
3. _____
4. _____
5. _____



Things that help me fall asleep:

1. _____
2. _____
3. _____
4. _____
5. _____

Things I like to do for fun: (Example: sports, dance, swim, listen to music)

1. _____
2. _____
3. _____
4. _____
5. _____

Things that are challenging for me:

1. _____
2. _____
3. _____
4. _____
5. _____

Things I like to do for fun: (Example: sports, dance, swim, listen to music)

1. _____
2. _____
3. _____
4. _____
5. _____

Things that are challenging for me:

1. _____
2. _____
3. _____
4. _____
5. _____

Things I want to improve:

1. _____
2. _____
3. _____
4. _____
5. _____

Things I want to improve:

1. _____
2. _____
3. _____
4. _____
5. _____

School: Energizing activities that wake me up



School: Energizing activities that wake me up



School: Restoring activities that slow me down to focus



School: Restoring activities that slow me down to focus



Exercises I can do to help my body work better



Exercises I can do to help my body work better



School: Breaks that help me regroup after hard work



School: Breaks that help me recover after hard work



School: Tools that help me think and get my work done



School: Tools that help me think and get my work done



My Problem-Solving Strategies

My Problem-Solving Strategies

Homework Strategies

Homework Strategies