




## About me

Know ourselves and what we like is important for the choices we make in life. It helps to know 'about me' when we meet new people and make friends. Think about what makes you who you are. What are your favourite things? Let's find out!

### Activities

-  [Self awareness class clips](#)
-  [All about me printable sheets](#)
-  [Teenagers about me booklet](#)



### Web links

[About me, my friends, and my family](#)



**Challenge:** Tell a family member all about you and your favourite things.

## My feelings

We all have different emotions and they can be hard to understand.

Your feelings are very important and you are entitled to have these different feelings. Learn how to manage the difficult feelings like sadness, anger and frustration.

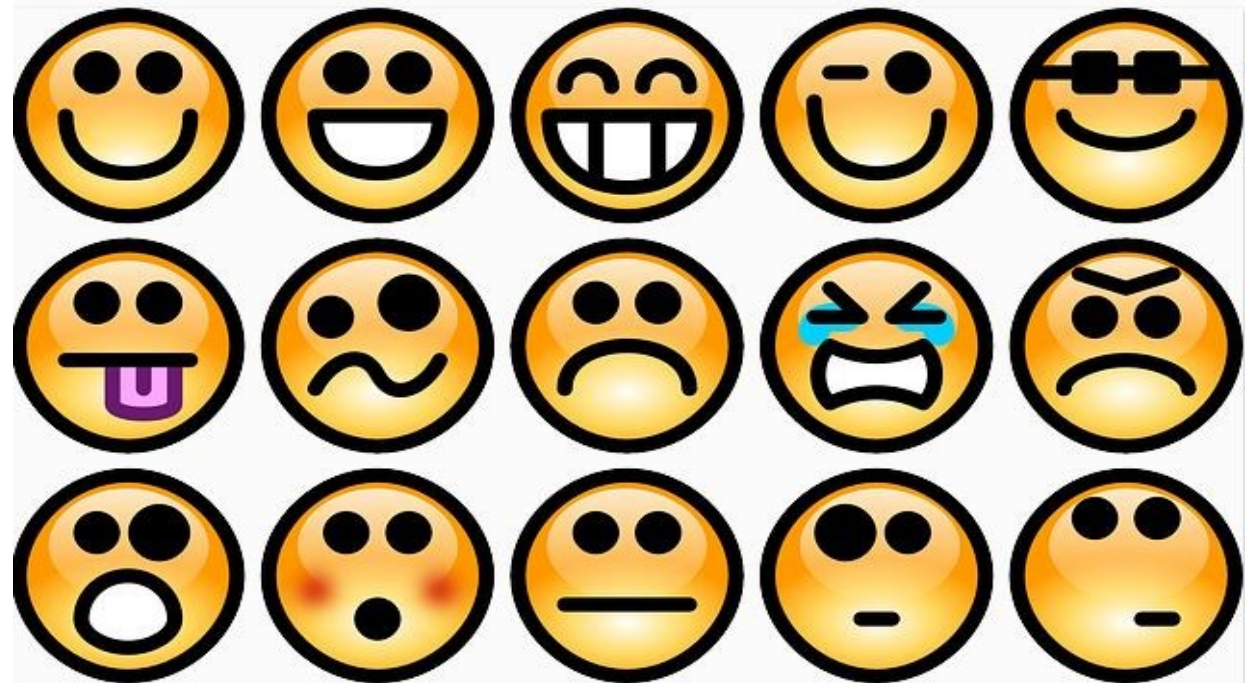
### Activities

- 📌 [Identify who is angry](#)
- 📌 [Coping with angry feelings](#)
- 📌 [Feeling good with family and friends](#)



### Web links

[Zones Of Regulation](#)



**Challenge:** How do you feel right now? Tell someone you trust.

## Friendship

Good friends are wonderful. We all deserve to have good friendships that are appropriate, kind and supportive. Good friends they often become a part of our family. Learn about how to be a good, kind friend to others and see how your friends should treat you.

### Activities

- 📌 [Helping Friends with Autism](#)
- 📌 [What makes a good friend](#)
- 📌 [Teen guide to friends and relationships](#)



### Web links

[How to make a good friend](#)



**Challenge:** Can you tell us two things about your best friend?

## Safe Friends






### Web links

[Finding a safe friend](#)

All friendships should be safe and kind. Our friends should help us when we need support and treat us with respect. We use words to communicate with friends so they know our feelings. Learn more about how to keep safe friendships.



### Activities

-  [Digital Friendship quiz](#)
-  [What kind of friend are you?](#)
-  [Friendship activities](#)



**Challenge:** Show us how you decide if a friend is safe and good.