**Inside me VS Outside me**  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name THREE characteristics or qualities that **you use to describe yourself (the ‘Inside You’)**

Explain TWO actions that correspond to each characteristic or quality.

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| **Characteristic or Quality**  Ex: caring | **TWO Actions**  Ex: I sometimes talk to people that I don’t really know that well if they seem lonely. I listen to my friends’ problems and give them advice. |
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1. Name TWO characteristics or qualities that **others use to describe you (the ‘Outside You’).** Explain TWO actions that you think correspond to each characteristic or quality.

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| **Characteristic or Quality**  Ex: energetic | **TWO Actions**  Ex: I am often hyper-active with my friends at school. I talk out loud a lot when I am hanging out with people I know. |
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1. Why are the ‘INSIDE YOU and OUTSIDE YOU’ both very important in defining who you are?

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1. Why do you think the INSIDE you and OUTSIDE you are often different?

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