

# Self-Awareness Worksheet for Kids

Prepare your child to self-advocate. Fill out this worksheet together to build awareness of strengths, weaknesses and how he prefers to ask for help.



**I am strong in these areas:**

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**I struggle with:**

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**My favorite thing about school is:**

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**Here's what the teachers I'm most comfortable with do to make that happen:**

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**The most stressful part of my school day is:**

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**I'd like some help with:**

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**When I need help, I'm comfortable asking for it in the following ways:**

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