

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:

I struggle with:

My favorite thing about school is:

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

The most stressful part of my school day is:

I'd like some help with:

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