

## Guidance Work Assignment

### Section 1 Being a PAL at Home

1. What are three things I can do to show my Personal Best at home?
2. How can I show Acceptance for my family at home?
3. Name five things you have done this week that show you are Living Responsibly
4. What are some ways that it is easier to be a PAL at home?  
What are some ways it is harder?

### Project Ideas

Make your own barrel bucks for your family and hand them out for PAL Behaviors!

Make a list of things to accomplish this week - what do you want to try, learn about or learn to do. Maybe you can sort through some old toys or organize your room!

Make a chore chart for yourself to practice Living Responsibly at home

Think about what you can do this week to help others in your house. Make a list of all the things that you did to help others!!

## Section 2: I'm A Pretty Cool Me!

1. What are five things that I really like about myself?
2. How would my parents describe me? My teachers? My friends?
3. What are three things that I am really good at?
4. What is something that is pretty hard for me?
5. These are my best subjects at school:
6. This is a sport or activity that I am really good at:
7. Somethings I could see myself doing when I am older are:

### Project Ideas

Make a poster or collage of words and pictures that represent who you are and what you are like.

Draw a picture of what you might look like in the future

Make a timeline of your life so far and add future dates and goals



