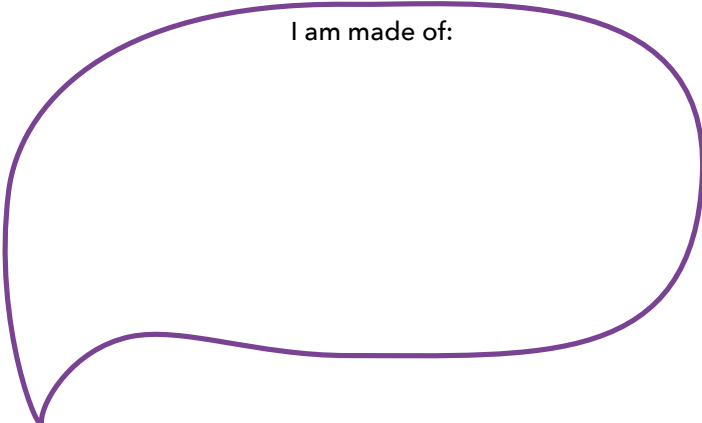


What are you made of?

Answer each prompt by writing down meaningful moments that complete the sentence “I am made of...” (see the example on the next page for phrasing ideas). Make sure that what you write is personal but not private—it should be honest and unique to you, but also something you are comfortable sharing with your family!

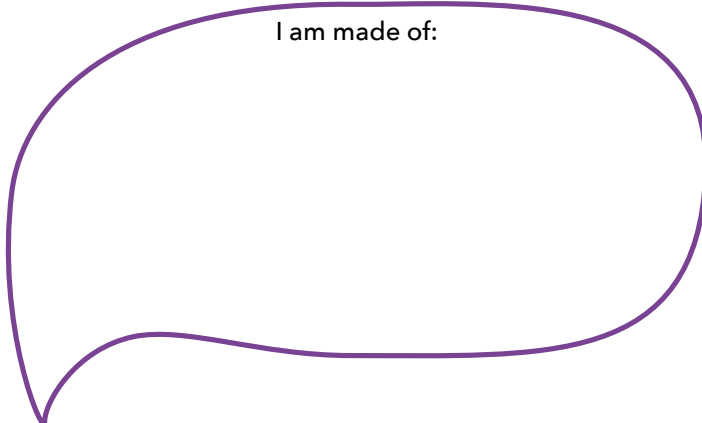
A time I felt at home:

I am made of:



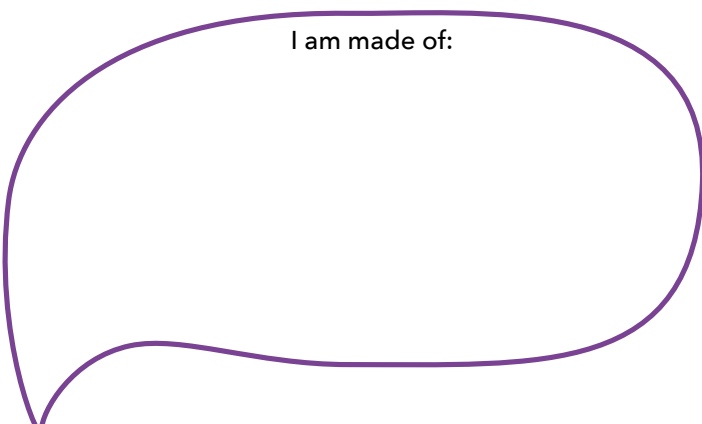
A time I felt truly accepted:

I am made of:



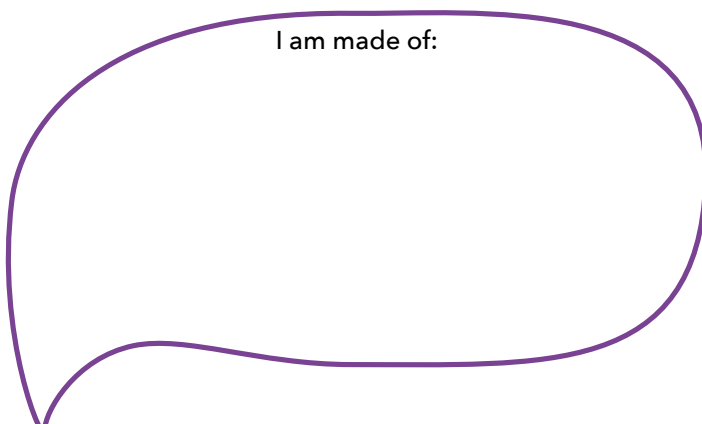
A time I felt connected to an object I own:

I am made of:



A time I felt loved:

I am made of:



I am _____
your name

EXAMPLE

A time I felt at home:

I am made of:

the first moment I sang
in front of an audience

A time I felt truly accepted:

I am made of:

the car ride home after a
long day, knowing I'll be
with the people I love soon.

A time I felt connected to an object I own:

I am made of:

hugging my stuffed cat
I've had my whole life
when I feel lonely

A time I felt loved:

I am made of:

finding notes of encouragement my
dad had hidden in the jacket I wore
to school on the day I had a tough test