



teaching
sexual
health.ca

Grade 4

Learning Activity

Who am I and Who am I Becoming? Journalling Worksheet

Learning Outcome

*Students explain how development and puberty
are connected.*

Who Am I and Who Am I Becoming? Journalling Worksheet

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Name: _____

Use this worksheet to think about yourself, how you're growing, and what you are excited about or have questions about. There are no right or wrong answers.

Part 1: Who am I now?

What is something that I am good at?

When something feels hard, what helps me?

Who do I feel happiest around?

Who do I trust to talk to?

What choices can I make for myself right now?



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Part 2: Who am I becoming?

What are some things I'm good at that will help me when I get older?

What are some things I'm excited about as I grow up?

What questions or worries do I have about growing up?

List or draw people you can go to when you have questions or need support:



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