

Character Qualities

Who are YOU on the inside? Put a check mark by the qualities that you know you already have. Mark with a "W" any qualities you "Want to Develop"

What qualities do others see in you? Have them circle the qualities they already see in you.

Remember, you CAN have ALL of these qualities if you work on them and no one can ever take them away from you.

_____ **ATTENTIVENESS**
(Listening with eyes, ears and heart)

_____ **HELPFULNESS**
(Serving & doing things for others)

_____ **CONTENTMENT**
(Happy with what I have)

_____ **HONESTY**
(Truthful words and ways)

_____ **COURTESY**
(Showing care and respect for others)

_____ **HUMILITY**
(Not thinking I am better with someone else)

_____ **CREATIVITY**
(Doing something in a new way)

_____ **KINDNESS**
(Good-hearted, careful, gentle words and ways)

_____ **DILIGENCE**
(Working hard to accomplish a task)

_____ **PROMPTNESS**
(Being on time and getting things done when I say)

_____ **FAIRNESS**
(Treating others equally)

_____ **RESPONSIBILITY**
(Doing what I know I ought to do)

_____ **FORGIVENESS**
(Letting go of negative feelings when someone wrongs you)

_____ **SELF-CONTROL**
(Control my emotions and my actions)

_____ **GENEROSITY**
(Sharing what I have)

_____ **THANKFULNESS**
(Having appreciation/gratitude)



Parent Signature: _____

Anatomy Review

1. Where are the female's egg cells stored? _____
2. Where are the male's sperm cells produced? _____
3. In what female organ does a baby grow? _____
4. The process of a sperm joining an egg is called? _____
5. The stage of life when a child develops into a young man or young woman is called? _____
6. Special chemicals in the body that cause changes? _____
7. The gland in our brain that controls our growth? _____
8. The shedding of the lining of the uterus is called? _____

Choose one answer

- A. Fertilization
- B. Testes
- C. Pituitary
- D. Ovaries
- E. Uterus
- F. Hormones
- G. Menstruation
- H. Puberty

**SCAN QR CODE
TO VIEW VIDEO**



Parent Signature: _____

clarity

GOALS ARE DREAMS YOU WORK TOWARDS!

Two of my long-term goals are:

1. _____

2. _____

Two of my short-term goals are:

1. _____

2. _____

What are some things you need to do to accomplish your goals?

Parent Signature: _____



BOUNDARIES

Boundaries are Key

- B**- Be aware
- O**- Of what is
- U**- Unacceptable and
- N**- Normalize saying no.
- D**- Do what is best for you
- A**- And know that it's not your
- R**- Responsibility to sacrifice
- Y**- Yourself for others

Think of one of your goals that you really want to achieve.

What is it?

Life can bring temptations and obstacles that get in the way. Identify 2 boundaries (decisions) that you can make to help you achieve your goal.

Ex. I will deny drugs and alcohol | How does this boundary protect you:
Physical: I will not hurt myself or others
Emotional: I will not feel sad or sorry for my actions
Mental: I will be able to think clearly
Ethical: I will be obeying the law and not get in trouble
Social: My family and friends will trust me

1. _____

How does this boundary protect you:

Physical _____
Emotional _____
Mental _____
Ethical _____
Social _____

2. _____

How does this boundary protect you:

Physical _____
Emotional _____
Mental _____
Ethical _____
Social _____

Parent Signature: _____

