“Who Am I?” Worksheet

1. I am:
   Winston
   Preferred name: What do you like to be called?

2. From/of:
   TRAILS – the land of good smells and friendly humans.
   Where do you feel at home? Where do you feel loved and supported?
   Where do you feel strong? Where do you feel like you really belong?
   This could be a city, a state or a school, for example.

3. Daughter/Son of, Granddaughter/Grandson of, Niece/Nephew of, Cousin of, Friend of:
   Friend of Cleo the cat and son of my owner with the great toys and yummy treats.
   Family: Who stands behind you? Who supports you? This person or persons do not have to be part of
   our biological family. Now that you have this person in mind, how are you related to him/her?

4. I love/enjoy:
   Eating surprise foods off the floor, tummy rubs, long walks with good smells,
   and playing fetch.
   List 2-3 things that you enjoy or love doing. Examples include playing an instrument, playing a sport,
   cooking, eating, dancing, gaming, coding, biking, reading, volunteering, spending time with significant
   people, cuddling with a pet, babysitting, fixing cars, building things, knitting, mowing the lawn.

5. I am:
   Loyal, energetic, and adorable.
   Name at least 3 positive adjectives that describe you. Examples include: kind, thoughtful,
   generous, energetic, empathetic, passionate, loyal, etc.
“Who Am I?” Worksheet

1. I am:
   Cleo
   Preferred name: What do you like to be called?

2. From/of:
   TRAILS – the land of the coziest places and friendly humans.
   Where do you feel at home? Where do you feel loved and supported? Where do you feel strong? Where do you feel like you really belong? This could be a city, a state or a school, for example.

3. Daughter/Son of, Granddaughter/Grandson of, Niece/Nephew of, Cousin of, Friend of:
   Friend of Winston the dog and daughter of my owner who gives me the best treats.
   Family: Who stands behind you? Who supports you? This person or persons do not have to be part of our biological family. Now that you have this person in mind, how are you related to him/her?

4. I love/enjoy:
   Scratching the furniture, chasing a string, and finding sunspots.
   List 2-3 things that you enjoy or love doing. Examples include playing an instrument, playing a sport, cooking, eating, dancing, gaming, coding, biking, reading, volunteering, spending time with significant people, cuddling with a pet, babysitting, fixing cars, building things, knitting, mowing the lawn.

5. I am:
   Smart, wise, and playful.
   Name at least 3 positive adjectives that describe you. Examples include: kind, thoughtful, generous, energetic, empathetic, passionate, loyal, etc.