

## Block 1: Activity 1



NAME: \_\_\_\_\_ SURNAMES: \_\_\_\_\_  
CLASS: \_\_\_\_\_ N°: \_\_\_\_\_ DATE: \_\_\_\_\_

From 1 to 10, rate the tasks you are best at, 1 being the highest and 10 the lowest.

- \_\_\_\_ I am able to control my thoughts and emotions and show them respectfully, no matter whether I am nervous, calm, angry, or excited.
- \_\_\_\_ I respect others, as well as their opinions, and these I accept when I believe that they are fair.
- \_\_\_\_ I am able to find solutions to my problems, but I ask for help when necessary.
- \_\_\_\_ I am good at sharing and in helping others.
- \_\_\_\_ I express my opinions respectfully, and I am able to accept and/or refuse what I'm asked to do and/or say.
- \_\_\_\_ In general, I have agreeable thoughts.
- \_\_\_\_ When asked to complete a task, I always trust that I'm capable of doing it.
- \_\_\_\_ I feel positive about myself, and I take pride in what I think, do, and say.
- \_\_\_\_ I accept difficulties, and don't get upset when I don't get the results I expect.

