

# Time For Me!

A big part of being healthy is doing things that you enjoy and that make you feel good about yourself. You are a special person. There is only one of You on this entire planet. Think about Your interests. What do You enjoy doing?

**EXERCISE:** Fill in each circle with pictures and words that best describe Your favourite activities - those that make You feel good.

The graphic shows a stylized human figure with a grid of activity categories. Each category is represented by a black box with a title and a corresponding illustration. The categories are:

- MUSIC:** Illustration of a guitar. Text: "favourite band . . .", "favourite singer . . .", "favourite song . . ."
- HOBBIES:** Illustration of a person in a colorful outfit performing a dance or acrobatic move.
- TRIPS:** Illustration of a globe with colorful blocks.
- QUIET TIME:** Illustration of a person reading a book. Text: "Do you like to read?"
- SPORTSS:** Illustration of a person in a wheelchair playing basketball.
- MOVIES:** Illustration of a television set. Text: "My favourites . . ."