

KOHLS  
Healthy  
at Home

## What's My Story?

Understanding who we are helps us build strong relationships in our communities.

When we reflect on our experiences and stories, we can appreciate what makes us who we are. This helps others understand the things that influence our thoughts, decisions, and actions.

### HOW TO USE

- With your child/student, fill in the blank Storytelling Bubble
- Use the following questions as a guide for facilitating reflection and conversation
  - How much of who I am do I share with others?
  - How much control do I have over my experiences?
  - How might things in my storytelling bubble affect decisions I make?
  - How can my community support me in showing up as myself?

# Who You Are Matters!

Respond to each question as you fill the bubble with your stories.



**1. Add a photo** or draw a self-portrait in the center.



**2. Fill the bubble** with words, drawings, or photos that tell your story.

- I describe my personal style as ...
- I feel good about myself when ...
- My favorite memory is ...
- My family's traditions are ...
- I know my friends will ...
- An adult I look up to is ...
- I believe strongly that ...
- I always laugh when ...
- My biggest goals and dreams are ...
- To me, family means ...
- I feel scared or worried when ...
- I'm proud of myself when I remember ..

Choose as many prompts as you like and add your own!



**3. Circle the story** in your bubble that is most important to your sense of self.



**4. Add a star** by the ones that you want others to know more about.



**5. Share your story bubble with others** to find out what you have in common and what makes you unique!

# \_\_\_\_\_ 's Story Bubble

