My Year

Draw your year. A grown-up can write down the words you say.



Someone who helped me, or someone I helped



A fun time with my family or friends



Something new I can do now



What I want to try next

My name: _____ My age: _____

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My Year: Look Back, Look Ahead

Looking back

Someone who made my year better:

How I helped someone:

Three of my best moments:

Something new I learned:

Something that was hard, and how I got through it:

Looking ahead

Someone I want to spend time with:

Something I want to try:

Something I want to learn:

A way I can help:

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My Year at a Glance

One thing from each month. Short is fine.

January	**February**	**March**
April	**May**	**June**
July	**August**	**September**
October	**November**	**December**

Next year I want to...

- **Try something new**
- **Learn something**
- **Help someone**
- **Move my body**

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