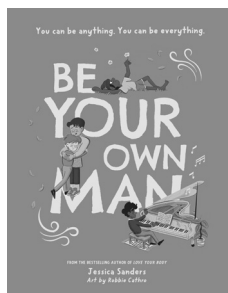


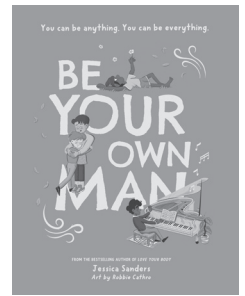
Student name: \_\_\_\_\_

# BE YOUR OWN MAN

## STUDENT WORKBOOK

This Student Workbook is designed to be used alongside the book BE YOUR OWN MAN by Jessica Sanders.





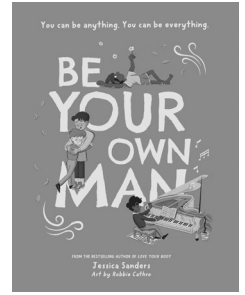
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# What makes me?



Write down the traits that describe who you are.  
Write down as many as you can.



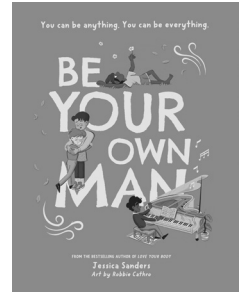
Write three traits you would like to have in the future.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



# This is me!

Draw the the kind of person you are. You could be doing something you love, wearing your favourite clothes or playing your favourite sport. Whatever makes you, YOU!



**Your friends  
should bring out  
the best in you  
and celebrate all  
the parts of you**

**Jessica Sanders,  
*Be Your Own Man***

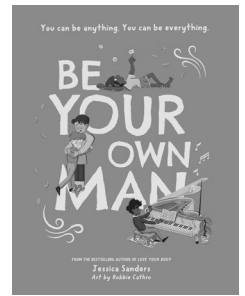
You can be anything. You can be everything.



# Me and my friends

Draw how you fit within your friendship groups.  
Use circles to represent each friend, and vary the distances  
to show how close you feel to them.

# My body is ready for adventures!



An adventure that I would like to go on one day:

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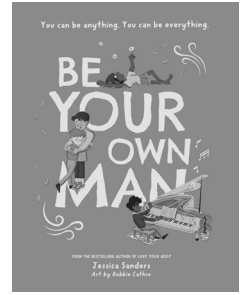
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This is how I will look while on my adventure.



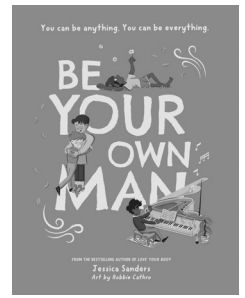
# My body will help me achieve my goal!



Write down ways in which your different body parts will help you on your adventure.

<b>Brain</b>	
<b>Heart &amp; lungs</b>	
<b>Legs &amp; feet</b>	
<b>Arms &amp; hands</b>	
<b>Eyes</b>	
<b>Back</b>	

# My body is smart!



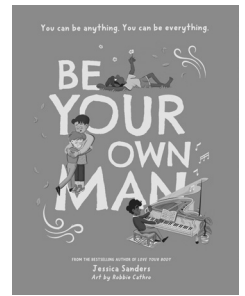
Your body reacts to feelings in lots of different ways! Try to think of at least three things to write for each feeling below.

When I'm feeling **SCARED**, my body responds by:

When I'm feeling **SAD**, my body responds by:

When I'm feeling **HAPPY**, my body responds by:

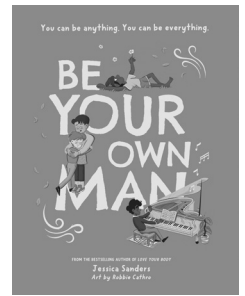
When I'm feeling **WORRIED**, my body responds by:



**We all express  
and release  
emotions in  
different ways,  
so it's important  
to find activities  
that work  
for you.**

# Exploring feelings ...

## My self-care plan



Here are some things I might try next time I feel some big emotions:

If I'm feeling **ANGRY**, I might try ...

or

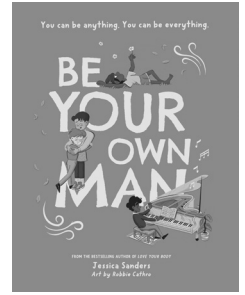
If I'm feeling **SAD**, I might try ...

or

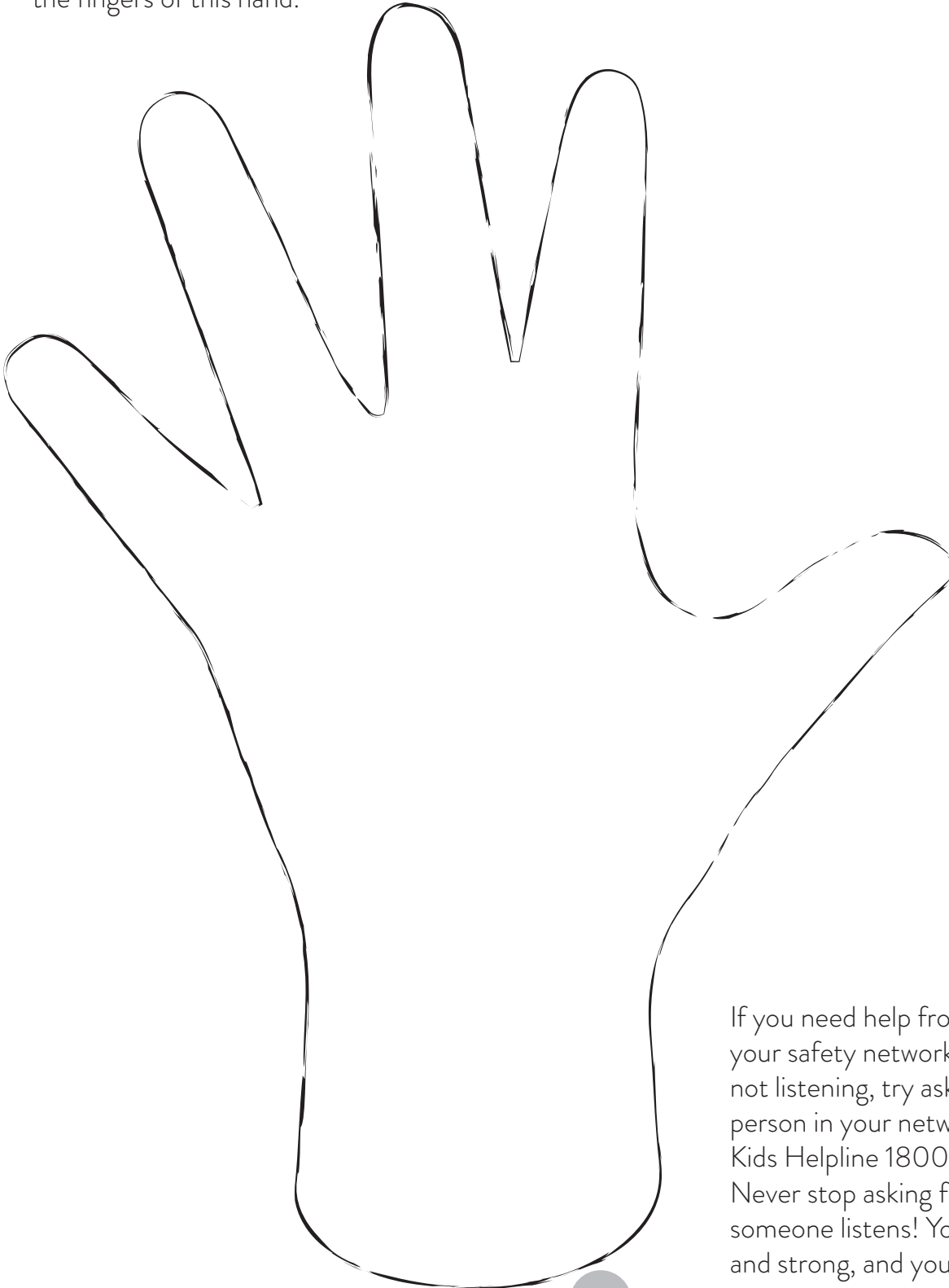
If I'm feeling **WORRIED**, I might try ...

or

# My safety network



A safety network should include 3–5 trusted adults. These can be family, neighbours, teachers, sports coaches and so on. At least one of these people should not be a family member. Write the names of 3–5 adults you might include in your safety network on the fingers of this hand.



If you need help from someone in your safety network and they are not listening, try asking another person in your network or call the Kids Helpline 1800 55 1800. Never stop asking for help until someone listens! You are brave and strong, and you are not alone.

# A symbol of me

Draw a symbol that represents who you are. Remember to include at least four different elements.

