Grade 10 Health

**PERSONAL T-SHIRT**

People wear t-shirts with logos, sayings, and/or pictures on them as a way to express themselves. Complete the exercise below by drawing an outline of a t-shirt on a blank, unlined page. Divide the shirt into six sections. Write or draw in each section according to the instructions given below to a creative a distinctive t-shirt for yourself. (Colour the t-shirt at the end)

Section 1 – Choose 4 words that describe you (e.g. friendly, athletic, introspective, funny etc.)

Section 2 – List 3 things that make you happy.

Section 3 – Your 2 most important achievements – one must be recent (e.g. winning an award, doing well on a test, etc.)

Section 4 – The most important person in your life.

Section 5 – One thing you would do if you only had one year to live.

Section 6 – A personal motto (e.g., “Carpe diem”, “Don’t worry be happy” etc.)

Once you are done exchange t-shirts with a classmate and write one or two positive sentences to describe what their t-shirt says about what is important to them.

Partner - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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When you are done, now you can colour in the t-shirt using your favourite colours!!