

Speech and Language Therapy

Things I Like to Do

Lesson 7 of 14 on Emotional Regulation and Self Esteem

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Things I like to do ...

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I like swimming

I like baking

I like walking my dog



Places I like to go

Favourite activities

e.g. watching trains, or playing on my Nintendo DS

Things I am good at

e.g. Diving off the top diving board at the swimming pool



Places I like to go

Favourite places to visit

e.g. Grandma's house or the train station

Places that help me relax and feel happy

e.g. My den in my bedroom

