

Tell Me a Little About You



Leader Use Only

- Pre-Assessment
- Post-Assessment

1

What do you typically eat for breakfast?



2

Name a snack you reach for after school.



3

When you are bored, what do you typically do?

5

When you are tired, what do you typically do?



4

What is one thing you do to relax?



7

What time do you go to bed at night?



6

What do you do when you get home from school every day?

