



ALL ABOUT ME FOR KIDS

CAMILLE MECHAM, IDAHO

A 21-day experiment for your kids to write about their life story so far!

BEFORE YOU BEGIN: Be sure to visit our website and fill out the Pre-Experiment Survey!

TAKE SURVEY

1 TIMELINE

Vertically down the page paper write each year you have been alive on a separate line. Then go back and add important events that happened in your life during those years. You aren't writing the story but writing a phrase to capture the memory. You can go back to detail the story later.

2 DESCRIBE YOURSELF

What is your eye color? Hair color? How tall are you? How much do you weigh? Are you outgoing or shy? Do you worry a lot or go with the flow? How do you describe your personality? Draw a picture of yourself.

3 HIGHLIGHT YOUR LIFE

What are your goals? (This month? Year? More long term?) What have you accomplished in your life so far?

4 HEROES

Who do you look up to? Why? Who is your hero? Why? Who is someone that has helped you? How?

5 PICTURE YOUR LIFE

Draw a picture of something you did today. Write down what you drew.

6 GAMES

List your favorite games! Who do you play with? What is your least favorite game?



7

FRIENDS

List your friends, how you met and your favorite memory with them!

8

AUNTS AND UNCLÉS

Write the names of your aunts and uncles' down. Write down your favorite memory of each of them.

9

MOM

Describe your mom. What does she look like? Draw a picture of her. What has she taught you? What is your favorite memory of her?

10

TRAVEL LOG

Think of your favorite trip you have taken so far. Where did you go and what did you do? Why is your favorite? What is a trip you'd like to take? What do you want to do there?

11

LOVE

How did your parents fall in love? What is something you love?

12

FUNNY

What is something funny that has happened to you? What is something that makes you laugh? What's your favorite joke(s)?



13

GRANDPARENTS

Write the names of your grandparents down. Write down your favorite memory of each of them.

14

NEWSWORTHY

What are some major news events that have happened in your life? Don't forget to add them to your timeline. Later write down how they have affected your life and how you felt when they happened.

15

TRADITIONS

What are some of your favorite Christmas traditions? Are there other traditions you enjoy? List them.

16

DAD

Describe your dad. What does he look like? Draw a picture of him. What has he taught you? What is your favorite memory of him?

17

SIBLINGS

Write the names of your siblings down. Write down your favorite memory of each of them.

18

GRATITUDE

Set a timer for 3 minutes and spend that time writing down what you are grateful for.



19

FAVORITES

List your favorite: food, animal, tv show, sport, book, color, and activities.

20

BASICS

What's your full name? How did you get your name? Where were you born? What were you told about when you were born? Where do you live now?

21

SCHOOL

List the grades you've been in and who was your teacher. What is school like? What do you like and dislike about school?

WHEN YOU'RE DONE: Be sure to visit our website and fill out the Post-Experiment Survey!

**TAKE
SURVEY**

plan author

AUTHOR



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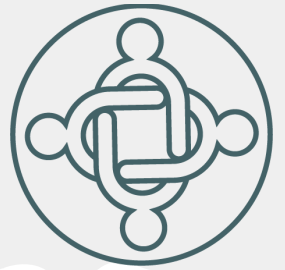


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Share your progress with us on [Facebook](#), [Instagram](#), [Twitter](#), or [TikTok](#) using the hashtag #21DayExperiment

ALL ABOUT ME FOR KIDS



CONTRIBUTED BY: CAMILLE MECHAM, Idaho, U.S.

DAY 1

☐

Timeline

DAY 12

☐

Funny

DAY 2

☐

Describe Yourself

DAY 13

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Grandparents

DAY 3

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Highlight Your Life

DAY 14

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Newsworthy

DAY 4

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Heroes

DAY 15

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Traditions

DAY 5

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Picture Your Life

DAY 16

☐

Dad

DAY 6

☐

Games

DAY 17

☐

Siblings

DAY 7

☐

Friends

DAY 18

☐

Gratitude

DAY 8

☐

Aunts & Uncles

DAY 19

☐

Favorites

DAY 9

☐

Mom

DAY 20

☐

Basics

DAY 10

☐

Travel Log

DAY 21

☐

School

DAY 11

☐

Love