SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES 1–5

My Proud Moments Timeline

Make a timeline of proud moments, from when you were little to this year, and add one you want to be proud of next year.



Name: _____ **Date:** _____

Write a proud moment for each time.

When	What I did	How I felt
When I was little		
Last year		
This year		
Next year (my goal!)		

Draw your proudest moment.

Art © Kevin Coulston