

# A Better Place

LESSON 16 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

If people did this, the world would be a better place.

If people stopped doing this, the world would be a better place.

# A Better Place

## EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) World B) Better place

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2. Imagine if you could create your perfect world. What would it look like? Who would live there?

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3. What is one thing that you can do to help make the world a better place?

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4. What is one thing that you can stop doing to help make the world a better place?

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5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

## PHYSICAL WORKOUTS

[subjectofself.org/workouts](http://subjectofself.org/workouts)

**Grateful**

**Happy**

**Empathy**

**Angry**

**Calm**