

# Me and My Country

LESSON 2 | LATE 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.

This is a self-portrait.

This is a portrait of the United States.

# Me and My Country

## EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Self B) United States

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2. What are some words that you associate with yourself? What are some words that you associate with the United States?

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3. Has your view of yourself changed throughout time?

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4. Has your view of the United States changed throughout time?

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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)

**Imagine**

**Power**

**Freedom**

**Build**

**Presence**