Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise #1:

**Between the ages of 0-12, think of your favourite age in your childhood. Why was this so special to you? What were you able to do when you were that age? (Things like running, jumping, playing board games, four corner soccer, etc.)**

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