My Work is Good

What You Need

+ This worksheet
+ Pencil or crayons

What to Do

1. Use the worksheet with three sections labeled Hands, Mind, and Heart.

2. In each section, write or draw one way you can work in that category.

> Hands: physical work (sweeping, gardening)
> Mind: thinking/learning work (schoolwork, problem-solving)
> Heart: caring/helping work (encouraging a friend, praying for someone)

Reflection

Do you prefer working with your hands, mind, heart, or all of them?

Hands

Mind

Heart