



# My Family Traits Activity Sheet

**A gentle printable activity to help children notice family traits and celebrate what makes each person unique.**

## **Introduction:**

Some traits can be shared in families — like curls, smiles, dimples, eye shapes, or freckles. Some things are shared, and some things are beautifully our own. Use this activity to look, notice, draw, compare, and talk together.

## **You'll need:**

- ♥ Crayons or colored pencils
- ♥ A pencil
- ♥ Family members or family photos

## **Good for:**

- ♥ Ages 4–8
- ♥ Family time
- ♥ Classroom discussion
- ♥ Library storytime extension

# Look, Notice, and Compare

## What do I notice?

- ♡ Eyes
- ♡ Hair
- ♡ Curls or straight hair
- ♡ Smile
- ♡ Dimples
- ♡ Freckles
- ♡ Nose
- ♡ Cheeks
- ♡ Something else I notice

## Who in my family shares this?

Trait

Who has it too?

My curls / hair

My eyes

My smile

My dimples /  
freckles

My laugh

Something  
special about me

# Look, Notice, and Compare

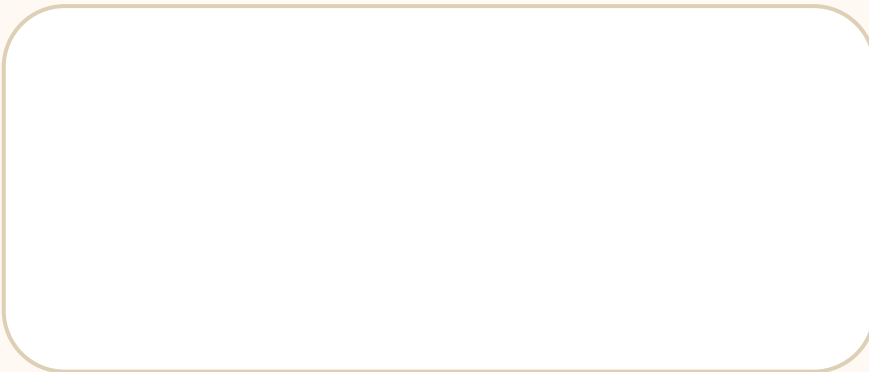
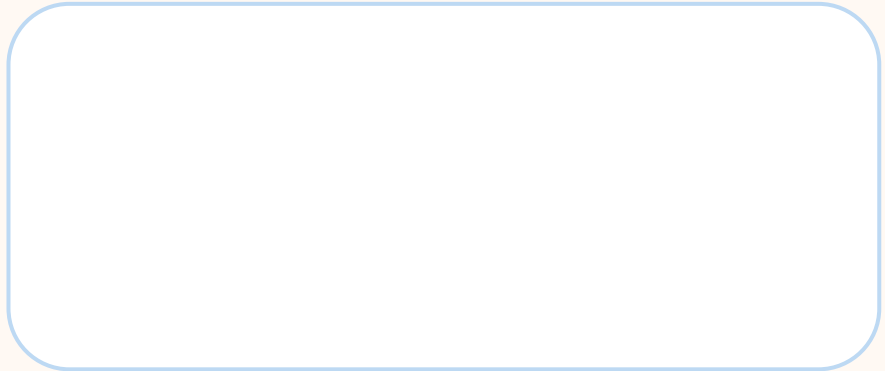
## Draw Us

**Me**  
What do we  
share?

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**Someone in my  
family**  
What do we  
share?

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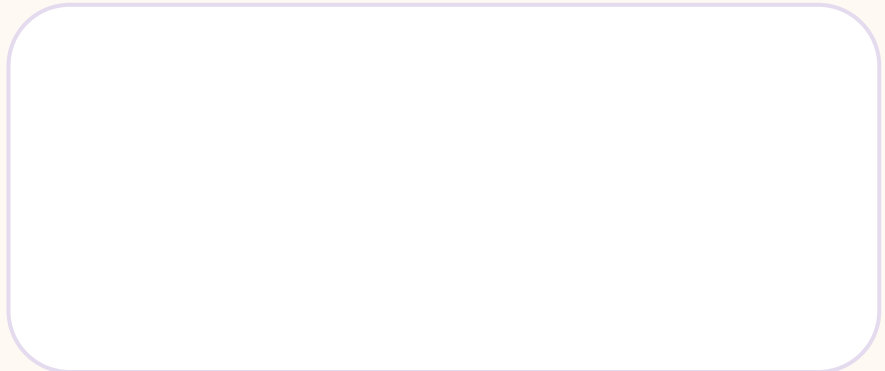
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**Another family  
member**  
What do we  
share?

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**Someone who  
looks different  
from me**  
What do we  
share?

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# What Makes Me Me?

## Some things we share

In my family, we share \_\_\_\_\_

\_\_\_\_\_

I look a little like \_\_\_\_\_

\_\_\_\_\_

I noticed that \_\_\_\_\_ and I both have \_\_\_\_\_

\_\_\_\_\_

Something I got from my family is \_\_\_\_\_

\_\_\_\_\_

## Some things are just mine

Something special about me is \_\_\_\_\_

\_\_\_\_\_

I am proud of my \_\_\_\_\_

\_\_\_\_\_

My favorite thing about myself is \_\_\_\_\_

\_\_\_\_\_

I am wonderfully unique because \_\_\_\_\_

\_\_\_\_\_

## Talk together

### Try asking:

- ♥ What do you notice first about faces?
- ♥ What makes people look alike?
- ♥ What makes people different?
- ♥ Why are both shared traits and unique traits special?

**Families can share many beautiful traits – and every child is wonderfully unique.**