

s j y e y r t c o a b f o p b
 u d s e e d d r g h s g s s u
 n d s f l g h a m w e c a t t
 o d f s l w q y q a r t t q t
 b u t t o n a o q v t q q q e
 l q b m w s r n v u w h x a r
 l e a r s i a g s w f b s s c
 y f s w e h w b a s q h h s u
 k s b r i c w r t y l f s a p
 k f o w s c i e n c e t w p e
 l s d t t w r t y k s a d a n
 f d r w o e r w u e w f w i d
 c u e g r p g g h h p e n n s
 a c e d i e h s h s f n s t s
 k k t r e w r o w a s f w a a
 h w y e s s a r n s s f f s a
 b q e r t y e t y i s s g h d
 p w f g m o o n h s c a f s g
 s s f g a m e e a g i b e e y
 f s t a r e n b a n a n a t s

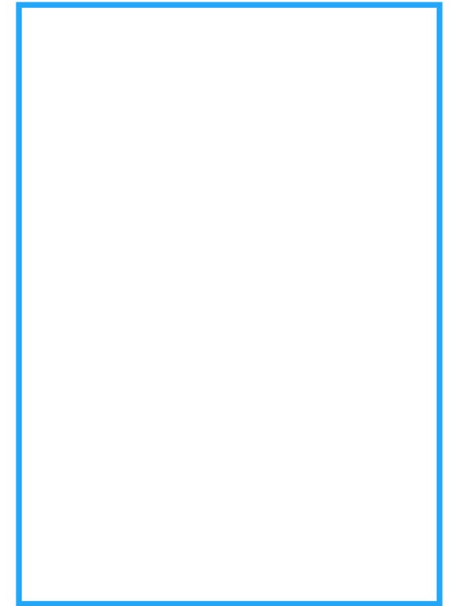
yellow
 button
 sun
 bee

cat
 buttercup
 duck

pen
 crayon
 moon

star
 paint
 banana

All About Me!



Name: _____

Class: _____

Age: _____

Hair Colour: _____

Eye Colour: _____

Things I like doing:

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Clubs I go to:

--	-------------------------------

Where I Live

I live in _____

This is a picture of my home:

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I am good at:

I want to get better at:

My Friends

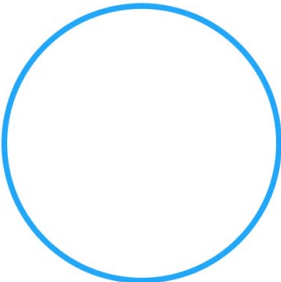
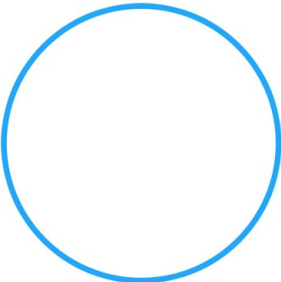
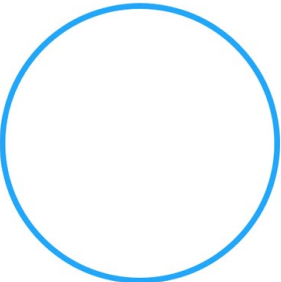
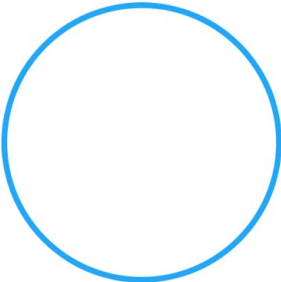
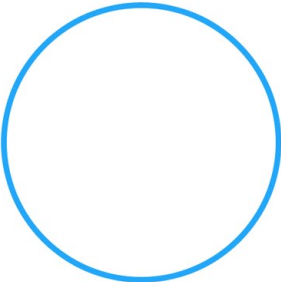
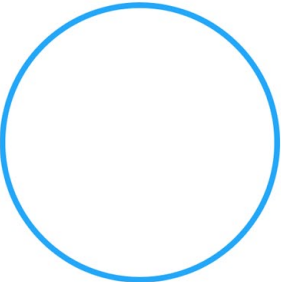
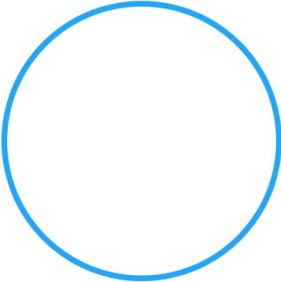
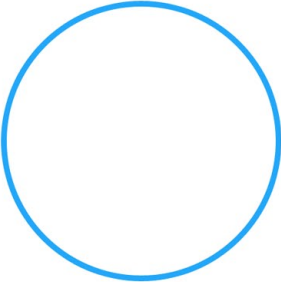
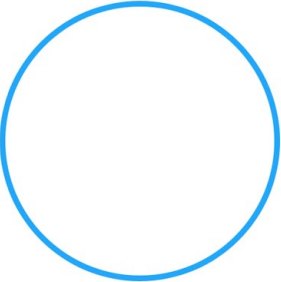
My New Class

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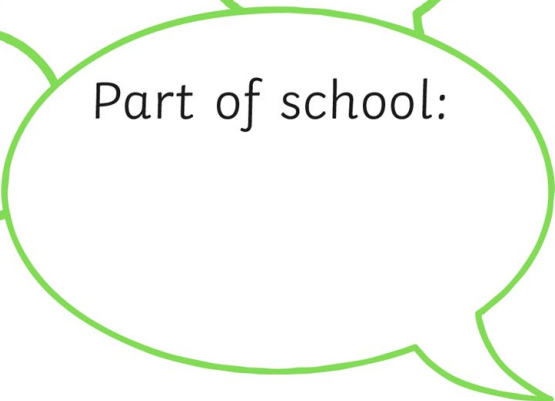


Figure 1. A schematic diagram of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard training program, while the experimental group received a modified training program. The experimental group was further divided into two subgroups: the low-intensity group and the high-intensity group. The low-intensity group received a low-intensity training program, while the high-intensity group received a high-intensity training program. The subjects were then subjected to a series of tests to measure their performance and physiological responses.

My Family and Pets

My Favourite Things

 Colour:	 Food:
 Drink:	 Clothes:
 Toy:	 Part of school: