



PERSONALITY ACTIVITY SHEET

Animal Edition

Animal Fun



Part 1: Quick Personality Questions

Circle or highlight the answer that sounds most like you.

I feel most calm when I'm:

- A) Reading or drawing alone
- B) Exploring quietly
- C) Resting in a cozy spot
- D) Thinking or observing

When I meet new people, I usually:

- A) Stay quiet until I feel comfortable
- B) Watch and learn first
- C) Stick close to someone I trust
- D) Take my time before talking

My favorite kind of activity is:

- A) Something creative
- B) Something peaceful
- C) Something slow and steady
- D) Something that lets me think

When I need a break, I:

- A) Find a quiet place
- B) Go outside alone
- C) Take a nap or rest
- D) Sit and think

I feel happiest when:

- A) I'm doing my own thing
- B) I'm exploring new ideas
- C) I'm relaxing
- D) I'm observing the world

My favorite kind of activity is:

- A) Something creative
- B) Something peaceful
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When I need a break, I:

- A) Find a quiet place
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I feel happiest when:

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Part 2: Match Your Answers

Count how many times you chose each letter. Fill in the blank.

Mostly A → The Owl: Quiet, thoughtful, creative.

Mostly B → The Fox: Independent, curious, clever.

Mostly C → The Panda: Calm, gentle, peaceful.

Mostly D → The Tortoise: Steady, observant, patient.

My introvert animal personality is:





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Part 3: Draw Your Introvert Animal

Use the space below to draw your animal in its natural habitat.

Alex
the Introvert

Part 4: My Introvert Superpowers

Fill in the blanks.

One thing I'm really good at is: _____

I feel calm when I: _____

People can count on me for: _____

My quiet strength is: _____



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Part 5: Reflection

Answer in one or two sentences.

How does your introvert animal inspire you?

Bonus Challenge

Think of a friend or family member. Which introvert animal do you think they might be, and why?

Enjoy discovering your inner animal and celebrating your quiet strengths!