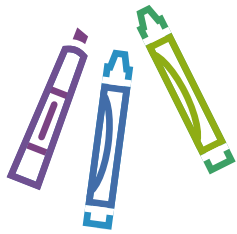


Hands-On Activity to Identify Your Child's Strengths

Ready to start identifying your child's strengths? All you need to get started are some markers or crayons, scissors and tape.

Step 1



Ask your child to choose a color for each group of strengths listed on these worksheets. The color-coding can help you and your child see his biggest areas of strength. As you and your child read through the worksheets, have him color the individual strengths using their group color. Use the blank spaces on the last page to write in additional strengths.

Step 2



Cut out the strengths that apply to your child. Or you and your child can pick out a set number of things he's strongest at. That approach may be especially helpful if you do the activity with more than one child and want to avoid making it a competition. Be sure to print out a set of worksheets for each child—they may share many of the same strengths!

Step 3



Use tape to make a paper chain out of the individual strengths. You can hang the chain on the wall and keep adding to it as your child gains new skills.



Curl ends up and tape together



Thread the next strip through the ring to form a chain

Personal Strengths *Color each strip on this page _____.*

I am kind.



I am curious and creative.

I am accepting of differences in others.

I have hobbies, passions and things I know I like to do.

I can work or play on my own.

I can ask for help when I need it.

I am resilient and keep working on difficult tasks.

I can learn from mistakes and solve problems.

I am helpful at home and do my chores.

I make good choices (most of the time!).

Social Strengths *Color each strip on this page _____.*

I can share, take turns and compromise.



I put effort into making friends and keeping them.

I am a good listener and like to help others.

I can ask for help and comfort when I need it.

I have a good sense of humor.

I know when it's OK to follow the crowd and when to resist peer pressure.

I can follow rules and routines.

I don't argue when adults tell me to do something (most of the time!).

I have ways of coping when I am frustrated.

I tell the truth and apologize when I need to.

Language Strengths *Color each strip on this page _____.*

I use words to express what I need and want.



I like talking to people.

I try to be a good conversation partner and not interrupt too much.

I understand jokes and playful sarcasm.

I can tell stories that have a clear beginning, middle and end.

I can vary my tone of voice when I'm telling a story or asking a question.

I like to listen to stories.

I can answer "who," "what," "when," "where," "why," "how" questions.

I use lots of words and like learning new ones.

I like learning the words to songs.

Literacy Strengths *Color each strip on this page _____.*



There are subjects I enjoy reading about or being read to.

I can understand and use information I read.

I have a good imagination and like to tell stories.

I can match letters to sounds and sounds to letters.

I can sound out or decode unfamiliar words.

I can make connections between what I read and my own experiences.

I can read with expression the way an actor talks in TV shows.

I can make predictions based on what has happened so far in a story.

I can remember details and retell stories after reading them.

I seek out fun things to read like magazines and comic books.

Math and Logic Strengths *Color each strip on this page _____.*

I can count the number of items in a group.



I can recognize numbers that are written down.

I can sort items based on size, color and shape.

I can remember math facts, such as $5 + 4 = 9$.

I can do some math in my head.

I can use math concepts in the real world (such as in cooking).

I understand math vocabulary like “greater than” and “less than.”

I can solve puzzles or word problems.

I like playing games that involve strategy, like chess.

I like taking things apart and figuring out how they work.

Other Strengths *Think about other things your child is good at—like cooking, robotics or fashion. Here are a few to get you started, plus blank spaces to fill in on your own. Color each strip on this page _____.*

I can sing or play a musical instrument.



I can dance, swim or play sports.

I am gentle with animals and younger children.

I like drawing and doodling.

I like doing community service projects.

I like problem solving in video games.
