



# My strengths

Here is a list of strengths that different people have. **Tick in the box** next to the sentence if you think it describes you.

Then **choose 3** of the sentences you have ticked to be strengths that you want to grow even stronger! Show your teacher so that you can think of ways to build your chosen strengths at school.

- I like using tools or machines
  - I like looking after animals
  - I am good at a sport
  - I like being outside
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- I like number puzzles, Maths and science
  - I love learning new things
  - I put lots of effort into my work
  - I like finding facts to solve a problem
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- I love art, craft, music or writing
  - I like doing lots of different things each day
  - I enjoy finding beautiful things
  - I am good at thinking of new ideas
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- I like working in a group or team
  - I can be relied on to do something when I say I will
  - I like following a timetable for my day
  - I am good at spotting mistakes
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- I enjoy helping other people
  - I am good at explaining games or activities to other people
  - I am helpful and friendly
  - I like listening to other people's ideas
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- I love starting new topics
  - I am energetic and enthusiastic about starting projects
  - I can motivate my friends to join in a game or task
  - I like doing jobs around school or home