SEL GRADE 2 LESSON 2

Identify Personal Strengths

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

1. Identify my personal strengths
2. Recognize areas that are still growing

MINI LESSON

Everyone is good at something — and that "something" is called a strength. Knowing your strengths helps you feel confident and know how you can help others!

What is a strength?

- A strength is something you do well or a positive quality you have.
- Example: being kind, listening carefully, staying calm, finishing tasks.
- Strengths can be skills, habits, or parts of your personality.

What does "still growing" mean?

- Some things are not yet easy — these are your growing areas.
- Example: having patience, staying focused, speaking up.
- Growing areas are NOT weaknesses — they are things you are working on!

Why does it matter?

- Knowing your strengths helps you use them to help others.
- Knowing your growing areas helps you make a plan to improve.

My Strength

Being kind
Listening well
Staying calm
Finishing tasks

Still Growing

Being patient
Staying focused
Speaking up

still learning!

Everyone has different strengths!

Art Math Kindness

All strengths are valuable!

! Ask yourself: "What is one thing I am really good at? What is one thing I am still learning to do better?"

TRACING PRACTICE

Trace each word, then copy it twice on the lines below.

TRACE

proud

COPY 1

COPY 2

TRACE

confident

COPY 1

COPY 2

TRACE

happy

COPY 1

COPY 2

TRACE

strong

COPY 1

COPY 2

TRACE

brave

COPY 1

COPY 2

TRACE

capable

COPY 1

COPY 2

TRACE

growing

COPY 1

COPY 2

TRACE

improving

COPY 1

COPY 2

Tip: Think of one of your strengths as you trace each word.

EXERCISES — SORT & MATCH

Write each behavior under the correct heading.

SENTENCES TO SORT

1. Helps a friend who is upset
2. Takes turns without being asked
3. Finishes work before playing
4. Listens carefully when others speak
5. Tries again after making a mistake
6. Gives up when a task is hard
7. Loses patience quickly
8. Forgets to say please and thank you
9. Has trouble staying focused
10. Gets frustrated during group work

Write the number of each sentence in the correct bucket below.

My Strength	Still Growing

EXERCISES — MULTIPLE CHOICE

1. What is a personal strength?

- ◯ Something that makes you better than everyone else.
- ◯ Something you do well or a positive quality you have.
- ◯ A subject you study at school.

2. What does "still growing" mean?

- ◯ Something you will never be able to do.
- ◯ Something that plants do in a garden.
- ◯ Something you are still learning or working to improve.

3. Which of these can be a personal strength?

- ◯ Being a good listener.
- ◯ Having the fastest computer.
- ◯ Living in a big house.

4. Can two people have different strengths?

- ◯ No, everyone has the same strengths.
- ◯ Yes, every person has different strengths.
- ◯ Only if they go to the same school.

5. Why is it helpful to know your strengths?

- ◯ So you can show off to your friends.
- ◯ So you never have to try new things.
- ◯ So you can use them to help others and feel confident.

6. Why is it helpful to know your growing areas?

- ◯ So you can make a plan to improve.
- ◯ So you can give up on hard things.
- ◯ So you can feel bad about yourself.

7. A growing area is —

- ◯ Something you are bad at and will always be bad at.
- ◯ Something you are working on and can improve with practice.
- ◯ Something only adults have.

8. Which is an example of a personal strength?

- ◯ Giving up when work is hard.
- ◯ Losing patience quickly.
- ◯ Listening carefully when others speak.

9. A strength can come from —

- ◯ Your personality, your habits, or a skill you have.
- ◯ Only the grades you get in school.
- ◯ Only sports you play.

10. Does everyone have at least one strength?

- ◯ No, some people have no strengths at all.
- ◯ Yes, every person has at least one strength.
- ◯ Only children who work very hard.

ASSESSMENT

PARENT / TEACHER CHECKLIST

- ☐ Names at least two personal strengths without prompting.
- ☐ Names at least one growing area and describes what they are working on.
- ☐ Correctly sorts behaviors into "strength" or "still growing" categories.
- ☐ States that growing areas are things to improve — not failures.