

# 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 personal strengths across different categories
- 2 Tell the difference between things you do well now and things you are still growing in

## MINI LESSON

A strength is something you do well — a skill, a quality, or a habit that comes naturally to you or that you have practiced and built up. Everyone has strengths, and everyone has areas they are still growing in. Both are normal and both are valuable.

### Types of personal strengths

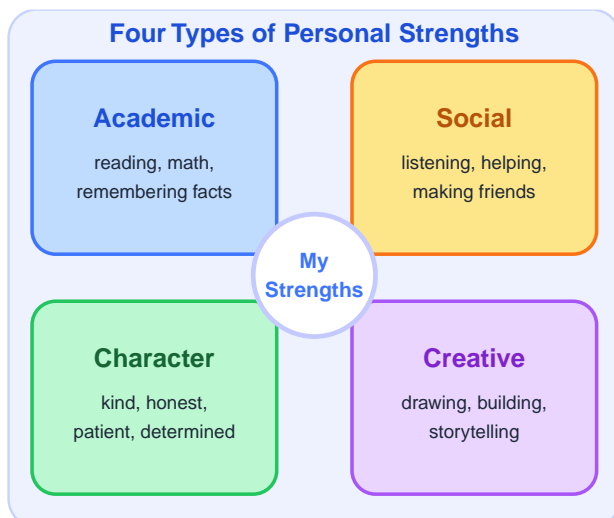
- Academic strengths — reading fast, solving math problems, remembering facts.
- Social strengths — making friends easily, listening well, helping others.
- Creative strengths — drawing, telling stories, building or designing things.
- Character strengths — being kind, honest, patient, or determined.

### "Still growing" is not a weakness

- Something you are still growing in is a skill or quality you have not mastered yet — but you can, with effort and practice.
- Recognizing what you are still growing in helps you set goals and ask for help.
- Growth mindset says: "I can't do it yet — but I will."

### How to spot your strengths

- What do people thank you for or compliment you on?
- What activities make time fly by because you enjoy them so much?
- What have you worked hard at and improved in?



! Self-check: Can you name one strength you have right now and one area you are still growing in?

## 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

determined

COPY 1

COPY 2

TRACE

motivated

COPY 1

COPY 2

TRACE

humble

COPY 1

COPY 2

TRACE

hopeful

COPY 1

COPY 2

TRACE

capable

COPY 1

COPY 2

TRACE

curious

COPY 1

COPY 2

Tip: As you trace each word, think of one example of that strength or feeling in your own life.

### EXERCISES — SORT & MATCH

Read each statement. Write it in the correct bucket.

#### SENTENCES TO SORT

1. Finishing a drawing without giving up
2. Forgetting to listen when a friend is talking
3. Remembering all the math facts quickly
4. Finding it hard to stay calm when things go wrong
5. Making new students feel welcome at school
6. Struggling to write long sentences clearly
7. Noticing when a friend looks upset and checking in
8. Needing reminders to finish homework on time

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 you are paid to do.
- A skill, quality, or habit that you do well.
- A subject you study at school.

#### 2. Which of the following is a character strength?

- Reading quickly.
- Solving math problems.
- Being honest and kind.

**3. What does "still growing" mean about a skill?**

- You have not mastered it yet, but you can improve with practice.
- You will never be good at it.
- It is a strength you already have.

**5. Why is it useful to know what you are still growing in?**

- So you can avoid those activities forever.
- So you can feel bad about yourself.
- So you can set goals and ask for help to improve.

**7. Which of these is a creative strength?**

- Remembering all the names of countries.
- Building detailed models or structures.
- Getting a high score on a math test.

**9. Is it normal to have both strengths and areas you are still growing in?**

- Yes — everyone has a mix of both, and that is normal.
- No — strong people only have strengths and no weak areas.
- No — you should have all strengths before you start school.

**4. Which of these is an example of a social strength?**

- Drawing detailed pictures.
- Listening carefully when someone speaks.
- Remembering spelling words.

**6. What does a growth mindset say about a skill that is hard for you?**

- I can't do it yet, but with practice I will improve.
- I should give up because I will never be good at it.
- Only naturally talented people can do hard things.

**8. How can noticing what people thank you for help you find a strength?**

- It shows you what subjects to avoid at school.
- It tells you who your best friends are.
- It points to qualities and skills you naturally use well.

**10. Which of these best describes an academic strength?**

- Helping a classmate feel included at lunch.
- Reading quickly and understanding what you read.
- Creating a colorful painting.

**ASSESSMENT**

**PARENT / TEACHER CHECKLIST**

- Names at least two personal strengths across different categories (e.g., one academic and one character or social strength).
- Identifies at least one area they are still growing in and explains it without negative self-talk (e.g., "I'm still working on staying calm" rather than "I'm bad at that").
- Explains the difference between a strength and a "still growing" area in their own words (e.g., "A strength is something I do well; still growing means I'm practicing").
- Uses growth-mindset language when talking about a skill they are still developing (e.g., "I can't do it yet, but I will").