



# What is one of your strengths?

**Choose \_\_\_\_ different people** who you can interview. It could be a teacher or a friend.

**Ask them** to tell you what they think is one of your personal strengths. Then, ask them to give you an example of that strength.

#### Example

I spoke to... my mum

They said one of my strengths is... that I finish what I start doing.

An example of this strength is... that I tidy the kitchen after I make a snack.



You can watch how to do this activity on the video (click here)



Now, it's your turn

I spoke to...

They said one of my strengths is...

An example of this strength is...

I spoke to...

They said one of my strengths is...

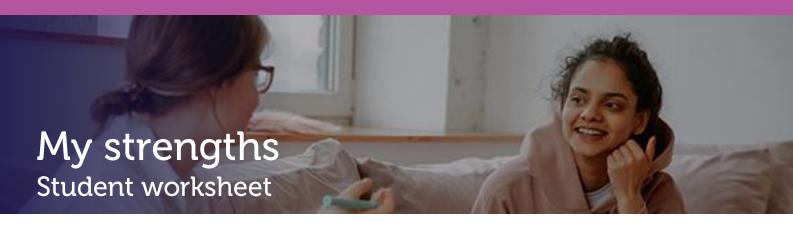
An example of this strength is...

I spoke to...

They said one of my strengths is...

An example of this strength is...







# What is one of your strengths?

Choose \_\_\_\_ people who know you well. It could be a teacher or a friend. You will interview them at school.

Ask them: To tell you one of your strengths. Or what am I good at?

**Ask them:** When they have seen this strength?

### An example...

I spoke to my mum.

They said one of my strengths is that I finish my job.

I have shown this strength when I make a snack and then tidy the kitchen.



## Watch the video (click here)



## Now, it's your turn

✓ I spoke to my: Their name:	□ teacher	☐ friend
They said one of my strengths is		
I have shown this strength when		
✓ I spoke to my: Their name:	□ teacher	☐ friend
They said one of my strengths is		
I have shown this strength when		







Watch the video (click here)

1
J

☐ Teacher



☐ Friend

Ask:



Here is one that Louis did...



I spoke to my teacher.

She said:



I am really kind



when I ask her if there is anything I can do to help her.



Now, it's your turn



Now, it's your turn
☑ I spoke to my:
□ Teacher
□ Friend
I am D
When I