

My strengths

Student worksheet



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...



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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.

What is
one of my
strengths

What
am I
good at



Watch the video ([click here](#))



Now, it's your turn

I spoke to my: teacher friend

Their name:



They said one of my strengths is...



I have shown this strength when ...

I spoke to my: teacher friend

Their name:



They said one of my strengths is...



I have shown this strength when ...



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Watch the video ([click here](#))



Teacher



Friend

Ask:



What am I good at?

And when?

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  ...



When I...

