

# My strengths

## Student worksheet



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



Mum or Dad



Teacher



Friend

Ask:



What am I good at?

And when?

Here is one that Louis did...



I spoke to my mum.

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

I spoke to my:



Mum or Dad



Teacher



Friend



I am  ...

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When I...

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