

My strengths

Student worksheet



Due: __ / __ / __

Choose 2 people who know you well.
It could be a parent, a teacher, or a friend.

Ask them: What is one of my 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 am thoughtful of others.

I have shown this strength when I often ask her if there is anything I can do to help her.




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



Now, it's your turn

I spoke to my: parent teacher friend

 They said one of my strengths is...

 I have shown this strength when ...

I spoke to my: parent teacher friend

 They said one of my strengths is...

 I have shown this strength when ...

