

Activity:

5 Steps To Make A Strengths Chain

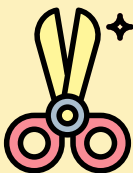


1. Pick seven colors of paper.

Choose one color paper for each group of strengths. This color coding will help you see your biggest areas of strength! Make sure to write it down on the Strengths List so you don't forget.

2. Fold each paper into eight sections.

Fold the paper in half the short way (hamburger style), then fold in half two more times. When you open the paper you should have eight rectangular sections.



3. Cut out the strips.

Cut each paper along the folded lines. You will end up with eight rectangle strips of each color.

4. Choose your strengths.

Look at the list of strengths in each group. Choose the ones that fit you the best and copy the strength onto the correct color of paper strip (based on the color coding you picked in step 1). Try to pick at least one from each color.



5. Link your strips in a chain.

Curl up the ends and tape or glue them together to make the strip into a circle. Thread the next strip through the ring and tape or glue the ends- this will form the chain. After you finish, you can hang up your chain and add new strengths to it over time!

