

STRENGTHS LIST

1

CHARACTER STRENGTHS COLOR:

- I am honest and trustworthy.
- I am caring and kind.
- I am helpful at home and do my chores.
- I am sensitive to the needs of others.
- I am loyal.
- I am resilient and keep working on difficult tasks.
- I can work or play on my own.
- I can work or play with others.
- I am eager.
- I am curious.

2

SOCIAL STRENGTHS COLOR:

- I can share, take turns, and compromise.
- I am a good listener and try not to interrupt too much.
- I put effort into making friends and keeping them.
- I accept differences in others.
- I can ask for help when needed and have ways of coping when frustrated.
- I know when it's OK to follow the crowd and when to resist peer pressure.
- I accept personal responsibility for my actions (good and bad).
- I don't argue when adults tell me to do something (most of the time!).
- I tell the truth and can apologize when I need to.
- I have a good sense of humor.

3

LANGUAGE STRENGTHS COLOR:

- I use words to express what I need and want.
- I like talking to people.
- I take part in discussions at home, at school, and with friends.
- I can change my tone of voice when I tell a story or ask a question.
- I can tell stories that have a clear beginning, middle, and end.
- I can use grammar that is appropriate for my age.
- I like learning new words and learning the words in songs.
- I like to listen to stories.
- I can answer "who," "what," "when," "where," "why," and "how" questions.
- I understand jokes, puns, and sarcasm.

4

READING STRENGTHS COLOR:

- There are things I enjoy reading or having read to me, like comic books or magazines.
- I can match letters to sounds and sounds to letters.
- I can sound out unfamiliar words.
- I can recognize sight words instantly.
- I can pause when reading and return to that sentence after being interrupted.
- I can read with expression the way an actor talks on TV shows.
- I can make predictions based on what's happened so far in a story.
- I can remember details and retell stories after reading them.
- I can make connections between what I read and my own experiences.
- I have a good imagination and like to tell stories.



STRENGTHS LIST

5

MATH AND LOGIC STRENGTHS COLOR:

- I can count the number of items in a group.
- I can recognize numbers that are written down.
- I can sort items based on size, color, and shape.
- I can remember math facts.
- I can do some math in my head.
- I can use math skills in everyday life (like figuring out how to cut a recipe in half).
- I can understand math vocabulary, like "greater than" and "less than."
- I can solve puzzles or word problems.
- I like playing games that involve strategy, like chess.
- I like taking things apart and figuring out how they work.

6

STUDY SKILLS STRENGTHS COLOR:

- I can set goals and plan ahead.
- I can get started and stay focused on tasks.
- I'm a flexible thinker- I can think about something in more than one way.
- I can organize my thoughts as well as physical items.
- I can follow rules and routines.
- I can keep track of time and the things I need to do.
- I can recognize and try to control "big feelings."
- I can pause to think through decisions or choices.
- I can ask for help and learn from mistakes.
- I have a "growth mindset" and believe my skills can improve with effort.

7

OTHER STRENGTHS/TALENTS COLOR:

- I am creative.
- I like drawing and doodling.
- I can dance, act, sing, or play a musical instrument.
- I can swim or play sports.
- I like problem solving in video games.
- I like doing community service projects.
- I like to practice yoga, mindfulness, or meditation.
- I am gentle with animals and younger children.

