WE ALL HAVE
STRENGTHS

WELCOME!

READ AND DO.

• Write the title These Are My
  Strengths and your name
  on a sheet of paper.
• Pass your paper when
  you hear the music.
• When the music stops,
  write a strength for the
  owner of the paper.
• When the game is over, read
  all the strengths others see in
  you.

How do you feel?
1.01 Look and listen.
- What do you see?
- What do you hear?
- What’s happening?
- What makes you say that?

2. Talk about you.
- Can you see the strengths of the people around you?
- Is it easy or hard?
- What are some strengths you see in your classmates?
Lesson 1

1. How do you feel when you work in a team and you can't see the strengths in others? How do you feel when you can see them? Add two. Then choose and fill in the chart below.

2. Where do you feel ★BIG Feelings★ when you work in a team and you can't see the strengths in others? Where do you feel them when you can? Mark and compare with a partner.
3 HOW DO YOU THINK THEY FEEL? WHY? DISCUSS WITH A PARTNER. WRITE.

1 Paulo feels ____________.
2 Janet feels ____________.
3 Heng feels ____________.
4 Fernanda feels ____________.

4 Let's talk about our strengths!

CHOOSE A CHILD FROM ACTIVITY 3. DO THE STRATEGY BELOW. THEN CREATE A JINGLE ABOUT USING EVERYONE'S STRENGTHS IN A TEAM.

• What do you think he/she does well? Make a list.
• Get in a group and share your list. Who has similar strengths? Who has different strengths?
• Now, work together to find a way to use everyone's strengths to make the team stronger!

Your strengths and my strengths make our team stronger!

Take a Moment

The Widening Circle

Sit with a partner. Place your hands on your heart and close your eyes.

Imagine you are sitting inside a circle.

Breathe in. Think of something your partner is good at. Breathe out. Repeat.

Imagine the circle widening each time you think of something your partner is good at.

Open your eyes. How do you feel?
Lesson 2

I SEE YOUR STRENGTHS

1 Listen and read. Who can see the strengths in others?

It’s PE class. Franco needs to choose a great team for kickball. He wants to win, but he feels insecure.

1. Let’s pick Lucy!

2. I don’t think so!

2. Circle Sadia’s and Franco’s feelings in the story.

Sadia feels hopeful. She knows everyone has strengths and weaknesses and reminds Franco that it’s important to see the strengths in others.

3. You’re only thinking about her weaknesses. Let’s think about her strengths!

4. She’s not tall. She likes to take control, and she doesn’t run fast!

5. You’re only thinking about her weaknesses. Let’s think about her strengths!

Do you remember when she kicked the ball so far we won the game?

You’re right! She’s a great kicker!

Sadia feels hopeful because she thinks Lucy will be a good teammate. She reminds Franco of the time Lucy helped the team win.

2 Circle Sadia’s and Franco’s feelings in the story.

Why do they feel this way? What do they do?

Why do they feel this way?

Why do they feel this way? What do they do?

Sadia feels hopeful because she thinks Lucy will be a good teammate. She reminds Franco of the time Lucy helped the team win.
Look back at page 3. What did you learn?

What about you?

Read and do.

- Sit with a friend and share what you see they do well.
- Write down what they say about you.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Create a Collage.

Add pictures that represent the strengths you wrote above. Look at it every time you feel down and not good enough. Remember:

You are valued, you are loved, and you are more than enough!

How can you see the strengths of the people around you?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Share your collage with the class.

Look back at page 3. What did you learn? Write.