

# Wellness

# Book

# 5





# 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**  **1.01 Look and listen.**

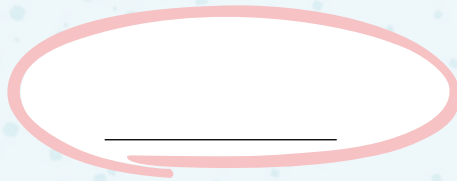
- What do you see?
- What do you hear?
- What's happening?
- What makes you say that?

**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?

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.**



**Feelings when ...**

you can't see the strengths in others.

you can see the strengths in others.

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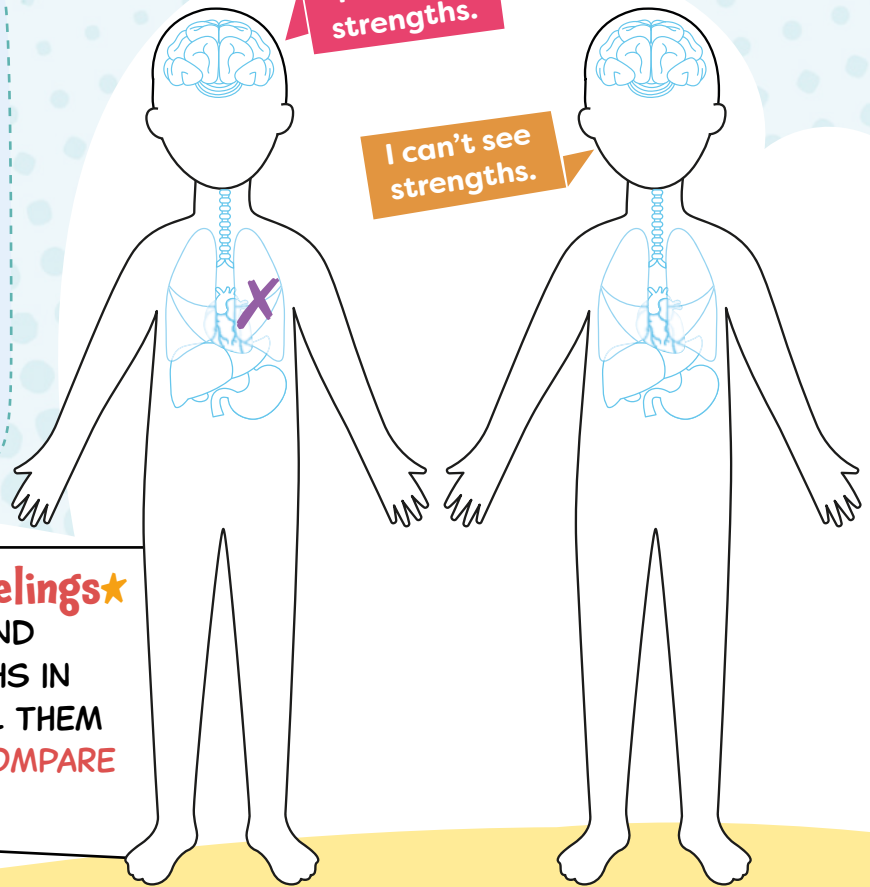
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\_\_\_\_\_

I can see strengths.

I can't see strengths.



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?

# I SEE YOUR STRENGTHS

1 1.02 Listen and read. Who can see the strengths in others?

IT'S P.E. CLASS. FRANCO NEEDS TO CHOOSE A GREAT TEAM FOR KICKBALL. HE WANTS TO WIN, BUT HE FEELS INSECURE.



SADIA FEELS HOPEFUL. SHE KNOWS EVERYONE HAS STRENGTHS AND WEAKNESSES AND REMINDS FRANCO THAT IT'S IMPORTANT TO SEE THE STRENGTHS IN OTHERS.



IT CAN BE HARD TO SEE THE STRENGTHS OF OTHERS, BUT IT IS THE RIGHT WAY TO BUILD FRIENDSHIPS. NOW FRANCO IS READY TO CHOOSE HIS TEAM.



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

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.

# MY WELLNESS JOURNAL

1

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.

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2

**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!**

3

**SHARE YOUR COLLAGE WITH THE CLASS.**

4

LOOK BACK AT PAGE 3. WHAT DID YOU LEARN? **WRITE.**



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

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