

Discover your strengths

Why?

to raise children's self-awareness, strengthen their confidence, build up their self-esteem and help them appreciate themselves and others

At school we concentrate on informing pupils about things they don't know and on teaching them skills they haven't yet mastered.

This is the first activity focusing of what children CAN DO/LIKE DOING/are GOOD AT.

When?

During 'tutor' time, counseling sessions or at any other time...

Estimated time needed

20 minutes

What to do

- print out or photocopy the mind map for every pupil in the group
- read the mind map aloud and ask them to circle or tick everything that describes what they can do/ like doing / are good at
- when this is done, ask your pupils to look at the mind map again and decide which are their 3 best developed strengths
- tell pupils to walk around the room and share their findings with 3 – 5 other people in the group
- let all pupils stand in a circle and ask them tell others about their strengths and what they have learnt about their friends

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