

# WHO AM I? Foundation-Year 1

## IDENTIFYING MY PERSONAL STRENGTHS

### Why ask students to identify their personal strengths?

When young children can identify and articulate their personal strengths they have a much clearer understanding of themselves and their identities. They have insights into the skills they already have and those they need to target and develop as they navigate their way through school and life. Identifying their own personal strengths also enables children to recognise and appreciate strengths in others.

#### Lesson aims

By the end of this lesson students will be able to:

- Explain what is meant by personal strengths and how these make up one's identity
- Identify their own personal strengths from a list
- Complete a personal strengths chart and provide examples of each personal strength.

#### Curriculum links

Health and Physical Education: Personal, Social and Community Health Strand

[ACPPS001] Identify personal strengths

General Capabilities: Personal and Social Capability

### Focus setting

Read a story, or watch a clip from an animation that shows an individual or character demonstrating one or more personal strengths. Discuss with the students via key questions such as:

- What words can you use to describe how the characters were feeling?
- What do you think will happen next in the story or video? [pause at narrative stages]
- What was the problem or challenge that the character faced?
- What would happen if you had the same problem?
- What personal strength did the character show? How did they use this strength?

## Activity

Ask students to think about their own personal strengths. Hand out the My Personal Strengths table below and talk about each one, inviting children to explain the meaning of each, or the ones that might need clarification. Children then tick the strengths that apply to them.

### MY PERSONAL STRENGTHS

STRENGTHS	TICK FOR YES
<b>I help other people</b>	
<b>I am caring and kind</b>	
<b>I am hardworking</b>	
<b>I am a good friend</b>	
<b>I tell the truth</b>	
<b>I take turns</b>	

<b>I share</b>	
<b>I can control my emotions</b>	
<b>I ask for help when I need it</b>	
<b>I am a good listener</b>	
<b>I work well with others</b>	
<b>I have a good sense of humour</b>	
<b>I treat everyone the same</b>	
<b>I am brave</b>	

## Sharing

Ask students to choose *one* of the strengths they have ticked from the list. They may like to share this with others in the group.

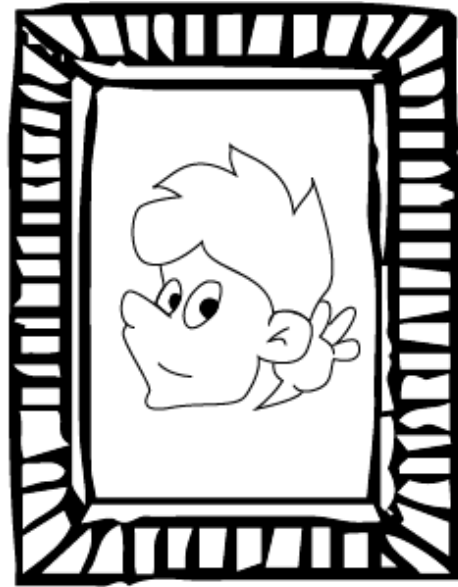
## Activity



Now ask students to think about the personal strengths they have identified. They select 3 strengths and draw a picture for each one, showing an example of how or when they use each strength. See example below.



When someone is upset  
I like to help them.



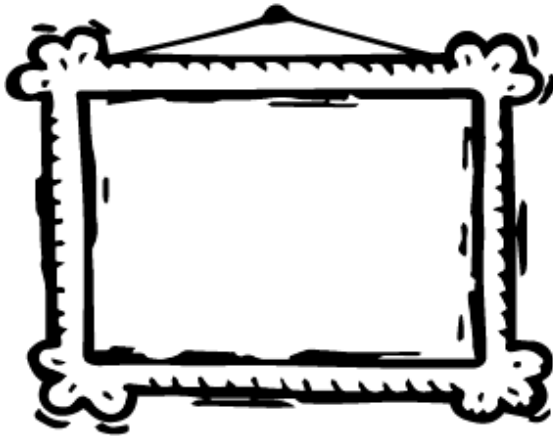
I am a good listener because  
I get ready to answer my teacher's questions.



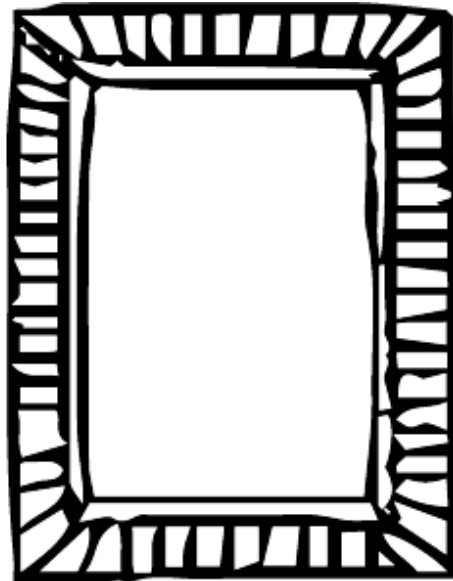
I like to pick up rubbish and recycle as much as possible.



Print off this template for the students to draw their own strengths.



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