

My strengths

Student worksheet



What is one of your strengths?

Choose ___ different people who you can interview.
It could be a teacher or a friend.

Ask them to tell you what they think is one of your personal strengths.
Then, ask them to give you an example of that strength.

Example

I spoke to... my mum

They said one of my strengths is... that I finish what I start doing.

An example of this strength is... that I tidy the kitchen after I make a snack.



You can watch how to do this activity on the video ([click here](#))



Now, it's your turn

I spoke to...

They said one of my strengths is...

An example of this strength is...

I spoke to...

They said one of my strengths is...

An example of this strength is...

I spoke to...

They said one of my strengths is...

An example of this strength is...

