

My strengths

Student worksheet



What is one of your strengths?

Choose ___ people who know you well. It could be a teacher or a friend.
You will interview them at school.

Ask them: To tell you one of your strengths. Or what am I good at?

Ask them: When they have seen this strength?

An example...

I spoke to my mum.

They said one of my strengths is that I finish my job.

I have shown this strength when I make a snack and then tidy the kitchen.

What is
one of my
strengths

What
am I
good at



Watch the video ([click here](#))



Now, it's your turn

I spoke to my: teacher friend

Their name:



They said one of my strengths is...



I have shown this strength when ...

I spoke to my: teacher friend

Their name:



They said one of my strengths is...



I have shown this strength when ...

