

Discovering My Strengths!

Dear Families,

In class, we're learning about individual strengths — things we're naturally good at, activities we enjoy, where we feel confident and how we like to engage. Please sit down with your child for a fun and thoughtful conversation about what makes them *uniquely who they are*. This is a great opportunity to connect, build self-awareness and help your child recognize their natural talents and interests. Please have your child return the entire sheet to class.

Let's talk about what makes you shine!

Choose a quiet moment — maybe during dinner, at bedtime or while coloring together — and ask your child these three simple questions:

1) What are you good at?

Listen for things like drawing, running, helping others, solving puzzles or making people laugh.

2) What do you love doing?

Pay attention to the activities that your child enjoys most, like singing, building with blocks, reading stories or climbing trees.

3) What keeps you busy because you love it so much?

Notice what your child chooses to do again and again without being asked.

After your conversation, complete the section below. Please have your child return the entire sheet to class.

Student's name: _____

Pick one of your child's strengths and help them express it through writing or drawing a picture together in the box below.