

Name \_\_\_\_\_

Date \_\_\_\_\_

# Brainstorming Strengths

Noticing our strengths can support growth and intelligence in these areas and can help us to live up to our fullest potential!

**Student Instructions:** Read through the sample strengths below, and cut out all of the strengths that connect with you and your abilities. Then, write in additional strengths in the blank chain links. At the end, have a friend, caring adult, or family member write in other strengths that you have.

After you have cut out your strengths, use tape or glue to make a paper chain out of your unique strengths.



I love meeting new people and I make friends easily.

I like to draw and am creative when it comes to art.

I like sports and physical activity.

I love working with and being with animals.

Write down more of your own strengths below:



Name \_\_\_\_\_

Date \_\_\_\_\_

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Write down more of your own strengths below:



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## Others See Your Strengths

Have a friend, caring adult, or family member write in other strengths that you have:



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