

Name _____

Date _____

Creating Chains of Strengths

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

As you read through the strengths below, cut out all of the strengths that connect with you and your abilities. At the bottom of the last page, write in additional strengths in the blank chain links.

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

Possible Strengths



I love working with and being around animals.

I can easily see others' points of view and understand others' perspectives.

I love learning new words.

I like solving puzzles in video games.

I like to draw and love art.

I like drawing and doodling.

I like doing community service projects.

I like problem solving in video games.

Other Strengths

Consider other strengths you may have, like swimming, art, fashion, or cooking. Keep them in mind for when you are asked to write some of your own strengths on the last page.

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Possible Strengths (continued)



I am kind.

I am curious and creative.

I am accepting of differences in others.

I have hobbies, passions, and things I know I like to do.

I can work or play on my own.

I can ask for help when I need it.

I am resilient and keep working on difficult tasks.

I can learn from mistakes and solve problems.

I make good choices (most of the time).

I am helpful at home and do my chores.

I can share, take turns, and compromise.

I put effort into making friends and keeping them.

I use words to express what I need and want.

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Possible Strengths (continued)



I like talking to people.

I try to be a good conversation partner and not interrupt too much.

I like to make jokes and being humorous comes easily to me.

I can tell stories that have a clear beginning, middle, and end.

I can vary my tone of voice when I'm telling a story or asking a question.

I like to listen to stories. I can answer "who," "what," "when," "where,"
"why," and "how" questions.

I like learning the words to songs.

I use lots of words and like learning new ones.

There are subjects I enjoy reading or hearing about.

I can understand and use information I read.

I have a good imagination and like to tell stories.

I can sound out or decode unfamiliar words.

I can make connections between what I read and my own experiences.

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Possible Strengths (continued)



I can read with expression the way an actor talks in TV shows.

I can make predictions based on what has happened so far in a story.

I seek out fun things to read like magazines and comic books.

I can remember details and retell stories after reading them.

I can do some math in my head.

I can use math concepts in the real world (such as in cooking).

I understand math vocabulary like “greater than” and “less than.”

I can solve puzzles or word problems.

I like taking things apart and figuring out how they work.

I like playing games that involve strategy, like chess.

I can sing or play a musical instrument.

I can dance, swim, or play sports.

I am gentle with animals and younger children.

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Write more of your own unique strengths here!



A series of horizontal dashed lines providing space for writing.