

STRENGTH CARDS

Name

Birthday.....

School

The Strength listed over the next few page can be photocopied and cut out to form individual cards.

Scatter the cards on the floor and get the pupil to think about their own strengths and to put the cards into three lists- **Definitely, Mostly and Sometimes.**

Write the lists down or take a photo of the lists, then type or write up to make a poster that the young person can keep.

Do it again after a few weeks and explore any changes with the pupil.

Asking them questions such as ' can you remember a time recently when you were helpful ?' or why did you put 'Thoughtful' in the sometimes ?

CAUTIOUS

TALENTED

HARDWORKING

RESPONSIBLE

FORGIVING

HONEST

COURTEOUS

KIND

COURAGEOUS

SKILFUL

PROTECTIVE

WARM

ENERGETIC

CARING

SUPPORTIVE

EFFICIENT

POWERFUL

FRIENDLY

RESOURCEFUL

CREATIVE

ADVENTUROUS

HUMOROUS

CALM

DETERMINED

LOVING

CO-OPERATIVE

THOUGHTFUL

OPEN

SPORTY

ENTHUSIASTIC

HUMOROUS

HAPPY

HELPFUL

SENSITIVE

RELIABLE

ORGANISED

RESILIENT

CHEERFUL

COLOURFUL

SENSIBLE

LOYAL

RELAXED

INDEPENDANT

FAIR

CAPABLE

PATIENT

ADAPTABLE

POSITIVE

STRENGTH CARDS

Name

Birthday.....

School

DEFINITELY

MOSTLY

SOMETIMES