

Make a strengths chain

Ready to start identifying strengths?

All you need to get started are some markers or crayons, scissors, and tape.

Step 1



Start by picking seven colors — one for each group of strengths. The colors will help you see the biggest areas of strength. Color the individual strengths as you talk or think about each group. Use the blank spaces on the last page to write in any more strengths you think of.

Step 2



Cut out all the strengths that apply. If more than one person is doing this craft, pick a set number of strengths (to avoid making it a competition). Be sure to print a complete set of worksheets for each person in case they have many of the same strengths.

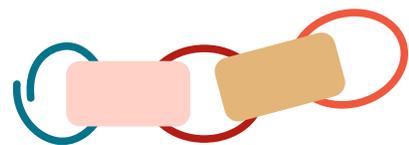
Step 3



Use tape to make a paper chain out of the individual strengths. You can hang the chain on the wall and keep adding to it as new strengths develop. If more than one person is doing this craft, you can string all the chains together and talk about how we're stronger when we use **everyone's** strengths.



Curl ends up and tape together



Thread the next strip through the ring to form a chain

Character strengths

© 2017 Understood for All, Inc.



Color the strips on this page _____.

I am honest and trustworthy.

I am caring and kind.

I am helpful at home and do my chores.

I am sensitive to the needs of others.

I am loyal.

I am resilient and keep working on difficult tasks.

I can work or play on my own.

I can work or play with others.

I am eager.

I am curious.

Social strengths

© 2017 Understood for All, Inc.



Color the strips on this page _____.

I can share, take turns, and compromise.

I am a good listener and try not to interrupt too much.

I put effort into making friends and keeping them.

I accept differences in others.

I can ask for help when needed and have ways of coping when frustrated (like not hitting).

I know when it's OK to follow the crowd and when to resist peer pressure.

I accept personal responsibility for my actions (good and bad).

I don't argue when adults tell me to do something (most of the time!)

I tell the truth and can apologize when I need to.

I have a good sense of humor.

Language strengths

© 2017 Understood for All, Inc.



Color the strips on this page _____.

I use words to express what I need and want.

I like talking to people.

I take part in discussions at home, at school, and with friends.

I can change my tone of voice when I tell a story or ask a question.

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

I can use grammar that is appropriate for my age.

I like learning new words and learning the words in songs.

I like to listen to stories.

I can answer “who,” “what,” “when,” “where,” “why,” and “how” questions.

I understand jokes, puns, and sarcasm.

Reading strengths

© 2017 Understood for All, Inc.



Color the strips on this page _____.

There are things I enjoy reading or having read to me, like comic books or magazines.

I can match letters to sounds and sounds to letters (like using “b” to spell the sound “buh”).

I can sound out unfamiliar words.

I can recognize some “star words” or “sight words” instantly.

I can pause when reading and return to that sentence after being interrupted.

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

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

I can remember details and retell stories after reading them.

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

I have a good imagination and like to tell stories.

Math and logic strengths

© 2017 Understood for All, Inc.



Color the strips on this page _____.

I can count the number of items in a group.

I can recognize numbers that are written down.

I can sort items based on size, color, and shape.

I can remember math facts, like $5 + 4 = 9$.

I can do some math in my head.

I can use math skills in everyday life (like figuring out how to cut a recipe in half).

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

I can solve puzzles or word problems.

I like playing games that involve strategy, like chess.

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

Study skills strengths

© 2017 Understood for All, Inc.



Color the strips on this page _____.

I can set goals and plan ahead.

I can get started and stay focused on tasks.

I'm a flexible thinker – I can think about something in more than one way.

I can organize my thoughts as well as physical items, like my backpack.

I can follow rules and routines.

I can keep track of time and the things I need to do.

I can recognize and try to control “big feelings.”

I can pause to think through decisions or choices.

I can ask for help and learn from mistakes.

I have a “growth mindset” and believe my skills can improve with effort.

Other strengths and talents



Color the strips on this page _____.

I am creative.

I like drawing and doodling.

I can dance, act, sing, or play a musical instrument.

I can swim or play sports.

I like problem solving in video games.

I like doing community service projects.

I like to practice yoga, mindfulness, or meditation.

I am gentle with animals and younger children.
