

PERSONAL STRENGTHS

SCENARIO CARDS



Read each scenario. Which of your strengths could you use?
How would it help?



Cut along
the dotted
lines.

- 1** You're learning something new and it feels difficult.



Which strength could you use and how?

- 2** Your friend is feeling upset and needs someone to talk to.



Which strength could you use and how?

- 3** Your group can't agree on what to do next.



Which strength could you use and how?

- 4** You have a lot to do and not much time.



Which strength could you use and how?

- 5** You didn't do as well as you hoped on a test or task.



Which strength could you use and how?

- 6** Someone is being left out at break time.



Which strength could you use and how?

- 7** You need to speak in front of the class.



Which strength could you use and how?

- 8** You're working on a big project and feel overwhelmed.



Which strength could you use and how?

- 9** You see a problem and want to make things better.



Which strength could you use and how?

- 10** You're trying out for a team or role.



Which strength could you use and how?

- 11** You made a mistake.



Which strength could you use and how?

- 12** You're supporting someone who is going through a tough time.



Which strength could you use and how?



EXAMPLES OF STRENGTHS

- Kindness
- Perseverance
- Honesty
- Problem solving
- Creativity
- Self-control
- Teamwork
- Confidence
- Empathy