

My Strengths and Challenges

Grade Three & Four



To help students recognise their strengths and challenges in a balanced way, fostering self-awareness, growth, and resilience.



Learning Intentions

I can identify and recognise my personal strengths:

This encourages students to reflect on the positive qualities and skills they possess, boosting their self-awareness and confidence.

I can acknowledge and reflect on my challenges:

This helps students develop a healthy perspective on areas where they can improve, encouraging resilience and self-growth.

I can explore how my strengths can help me overcome challenges:

This promotes problem-solving and encourages students to use their strengths as tools to address challenges, fostering a growth mindset.



Success Criteria

I can identify one strength I have and one challenge I am working on:

This ensures that students engage in self-reflection and identify both their strengths and challenges.

I can explain how my strength can help me overcome my challenge:

This helps students think strategically about how to use their personal abilities to overcome obstacles, promoting self-efficacy.

I can reflect on how acknowledging my strengths and challenges helps me grow:

This encourages students to understand the importance of embracing both strengths and challenges as part of their personal development.



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Objective:

To help students recognise their strengths and challenges in a balanced way, fostering self-awareness, growth, and resilience.

Players:

Ideal for individual reflection, small groups, or classrooms.

Materials:

- Paper
- Pen or pencil

Setup:

Provide each student with a piece of paper and a writing instrument. Encourage a quiet, reflective space where students can think deeply about their strengths and challenges.

Activity:

1. Identify One Strength:

Ask students to write about one personal strength they have. This could be a skill (e.g., being a good listener), a quality (e.g., being patient), or an ability (e.g., solving problems). Encourage students to reflect on what they do well and how they can apply this strength in their lives.

2. Identify One Challenge:

Ask students to write about one challenge they are currently working on. This could be something they find difficult (e.g., staying organised, speaking up in class) or an area they want to improve (e.g., learning a new skill).

3. How Your Strength Can Help You Overcome the Challenge:

After identifying both a strength and a challenge, ask students to write down how they can use their strength to help them overcome their challenge. This encourages strategic thinking and fosters problem-solving skills.

Reflection Prompt:

- How does it feel to acknowledge your strengths and challenges?
- How can embracing both help you grow?
- What is one way you can use your strength to overcome your challenge today?



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Winning the Game:

There is no winner in this activity. The goal is to reflect on strengths and challenges, understand how they contribute to growth, and recognise that overcoming challenges is a part of personal development.

Family or Modified Variation:

In a group setting, students can share their strengths and challenges with a partner or the class. This helps foster a supportive environment where students can learn from each other and build connections based on shared experiences.

Additional Notes:

My Strengths and Challenges encourages students to develop a balanced view of themselves by recognising both their positive qualities and areas for growth. This activity promotes self-awareness, resilience, and a growth mindset, helping students understand that both strengths and challenges are essential for personal development. By reflecting on how to use strengths to overcome challenges, students learn to approach obstacles with confidence and creativity.

