

Strengths & Achievements

Board





Strengths & Achievements Board

age recommendation: years 8 & above

Strengths and achievements boards can help us see the good things about ourselves. Making a board like this with your daughter can help her feel more confident and proud of who she is. By writing down and celebrating her strengths and achievements together, you can show her how special she is and help her think positively about herself.

MATERIAL NEEDED

Bulletin Board, Large Poster, or a Section of Wall

To display the strengths and achievements. You can use a bulletin board or a large piece of poster paper. If you prefer, designate a section of a wall.

Sticky Notes or Index Cards

Use these to write down strengths, achievements, and positive qualities. Sticky notes are easy to attach and remove, while index cards can be more sturdy.

Pens and Markers

Different colors make the notes stand out and can be used to add creativity and personalization.

Tape or Push Pins

To attach the sticky notes or index cards to the board. Push pins are great for bulletin boards, while tape works well for posters or walls.

Stickers and Decorative Items

You can use stickers, washi tape, or small decorative items to make the board more visually appealing and fun.



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HOW

STEP 1 INTRODUCTION

Tell your daughter that this board is for celebrating her strengths, achievements, and positive qualities. It's a place to remind her of all the great things about her.

You might say, "This board is for us to share what makes you special and all the great things you do. It's a place to celebrate your talents and remind you how awesome you are."

STEP 2 LOCATION

Pick a spot that's easily visible and accessible to everyone, like the living room, kitchen, or your daughter's bedroom.

Hang the bulletin board or poster securely. If using a wall, you can create a border with tape to mark the area for the board.

STEP 3 WRITE THEM

Ask your daughter to think about her strengths and achievements. These can be anything she's proud of, like being kind, good at a hobby, or doing well in school.

Use sticky notes or index cards to write down these strengths and achievements.

"I am a good friend."
"I did great on my science project."
"I am creative."

"I helped my classmate with their homework."
"I am caring."
"I am a good listener."



STEP 4 PARTICIPATE

Ask other family members to write down notes of appreciation, encouragement, or things they admire about your daughter.

“I love how you always make me laugh.”
“You are so thoughtful and kind to others.”
“Great job on your math test!”

STEP 5 PRACTICE

Stick the notes on the board. You can arrange them in categories, such as “Strengths,” “Achievements,” and “Positive Qualities,” or just place them randomly to fill up the board.

Remind your daughter and other family members to keep adding new notes regularly. The board should be a growing and evolving reminder of her strengths and achievements.

STEP 6**REFLECT**

Every once in a while, stand with your daughter in front of the board and read the notes together. Celebrate the achievements and acknowledge the positive qualities.

Ask if she has discovered any new strengths or achievements she wants to add. This can help her recognize her growth over time.

STEP 7**REPEAT**

Make the Strengths and Achievements Board a fun family tradition. Use it to boost each other's confidence and create a positive and supportive home environment.

CONNECT