

SOCIO-EMOTIONAL WELL-BEING

Student's Worksheets: GRADE 8 - Lesson 2

My Strengths Showcase

Grade 8 Socio-Emotional Well-being

Name: _____ Date: _____

What is a strength? A strength is something you are good at or something positive about you.

★ Part 1: My Strengths

Check 3-5 strengths that describe you best

♥ Character Strengths:

☐ Kind☐ Honest☐ Brave☐ Helpful☐ Patient☐ Responsible

👥 Social Strengths:

☐ Friendly☐ Good listener☐ Team player☐ Leader☐ Peacemaker

School Strengths:

☐ Reading☐ Writing☐ Math☐ Science☐ Languages☐ History

🎨 Creative Strengths:

☐ Art☐ Music☐ Dancing☐ Acting☐ Creative ideas

Physical Strengths:

☐ Sports☐ Running☐ Dancing☐ Coordination☐ Jogging

Is there another strength you have that is not on the list? Write it here:

**Part 2: Evidence for My Strengths**

Choose your top 3 strengths and give examples

Example: Strength: Being helpfulEvidence: I help my mom with cooking dinner. I helped my friend understand math homework.**Strength 1:** _____

Evidence: (Choose at least one)

☐ I enjoy this because: _____☐ Others have told me: _____☐ I have achieved: _____**Strength 2:** _____

Evidence: (Choose at least one)

☐ I enjoy this because: _____☐ Others have told me: _____☐ I have achieved: _____**Strength 3:** _____

Evidence: (Choose at least one)

☐ I enjoy this because: _____☐ Others have told me: _____☐ I have achieved: _____

**Part 3: My Presentation Plan**

Plan your 2-minute presentation about your strengths

**Beginning (30 seconds)**

Hello, my name is _____.

One interesting thing about me is _____.

**Middle (1 minute)**

My three main strengths are:

1. _____ because _____

2. _____ because _____

3. _____ because _____

**End (30 seconds)**

Choose one:

☐ These strengths help me at school by _____.☐ These strengths help me with my friends by _____.☐ These strengths help me at home by _____.

**My Reflection**

Think about what you learned

How did it feel to share your strengths? (Circle one)

Very difficult



OK



Good



Great!

What did you learn about yourself? (Check all that apply)☐ I have more strengths than I thought☐ I can talk about myself positively☐ Others see strengths in me☐ I can use my strengths to help others☐ Something else I learned: _____