

SOCIO-EMOTIONAL WELL-BEING

Student's Worksheets: GRADE 8 - Lesson 4

STRENGTHS AND INTERESTS WORKSHEET

Name: _____

Class: _____

Part 1: Colour your favourite activity

Below are some activities. Colour the one you love doing the most:

Drawing



Playing outside



Reading



Helping friends



Playing video games



Playing music



Part 2: Match the Strength

Draw a line to match the activity to the strength:

Activity
Solving puzzles 
Helping a friend 
Playing sports 
Drawing pictures 

Strength
Good at thinking
Kind and helpful
Strong and active
Creative




Fill in the Blanks

1. One activity I love is _____.
2. I feel _____ (happy/proud) when I do it.
3. One thing I'm good at is _____.

Part 3: Emotions Match

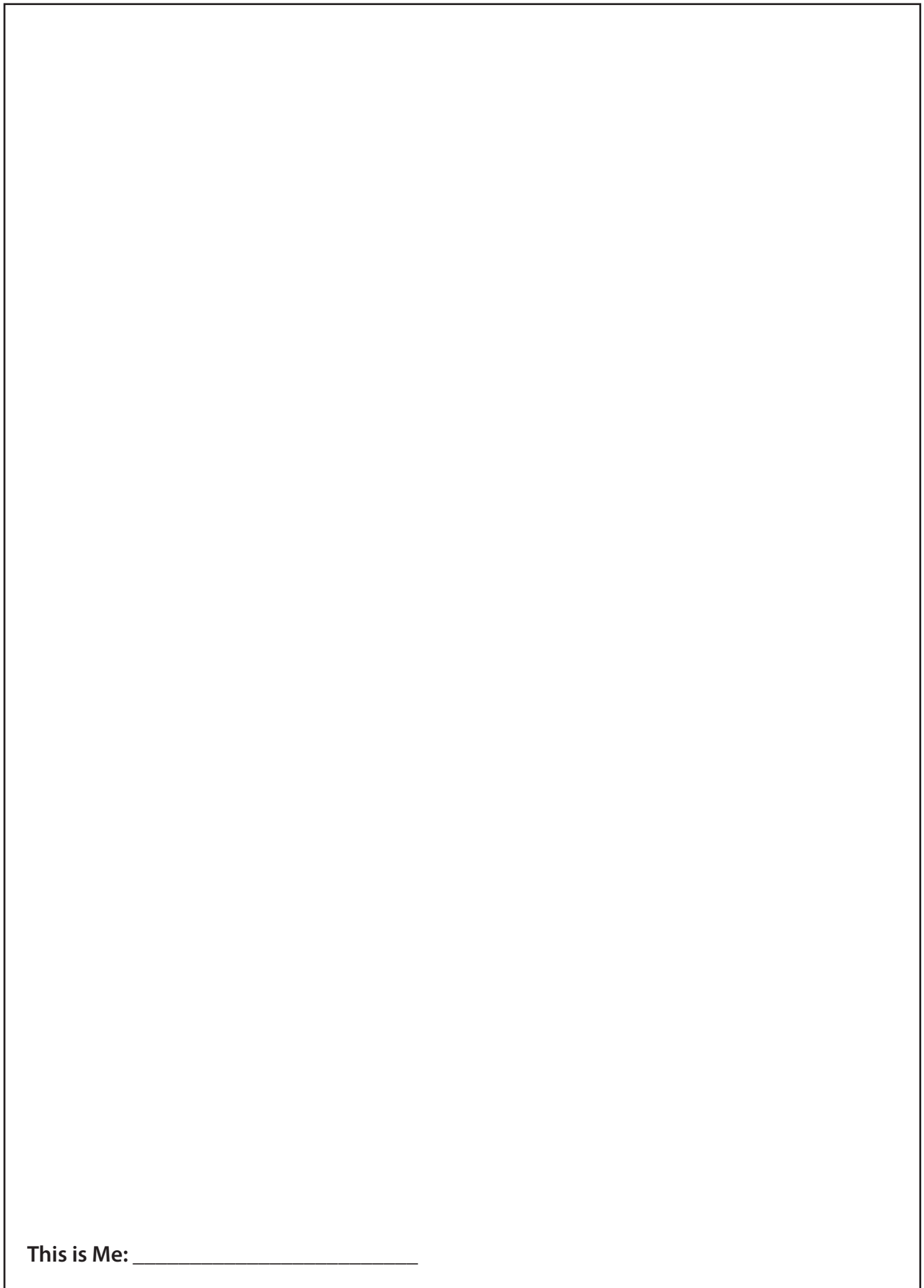
Match the activity to the emoji that shows how you feel:

Activity
Winning a game 
Learning something new 
Helping a classmate 

Emoji
 (Happy)
 (Thinking)
 (Proud)

Part 4: Draw Your Strength

Draw a picture of yourself doing something you're good at!



This is Me: _____