



My Strengths* by Leah Davies

Kelly Bear says, "Everyone does some things well. These things are called strengths, skills, or talents."

Read the words and decide whether you are "Good" at doing it, "Okay," at doing it, or "Not Good" at doing it. Then make a mark in the space you decide for each one. Print any other strengths that you have in the blanks at the bottom of the list.

Name _____

	GOOD	OKAY	NOT GOOD		GOOD	OKAY	NOT GOOD
1. Singing				18. Drawing			
2. Running				19. Playing board games			
3. Watching young children				20. Spelling			
4. Following directions				21. Using manners			
5. Jumping rope				22. Dancing			
6. Exercising				23. Reading			
7. Helping others				24. Playing fair			
8. Playing computer games				25. Cooking or baking			
9. Doing math				26. Completing school work			
10. Doing gymnastics				27. Riding a bike			
11. Being a friend				28. Doing crafts			
12. Story telling				29. Solving problems			
13. Playing ball				30. Swimming			
14. Sharing				31.			
15. Making puzzles				32.			
16. Cleaning up				33.			
17. Playing a musical instrument				34.			

*The process of children identifying their strengths contributes to their self-awareness. This worksheet also serves to increase an adult's understanding of individual children's perceived attributes. Those children who are unable to rate themselves as being "Good" at any characteristic listed need assistance in discovering their strengths and building on them.

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