WHAT ARE MY STRENGTHS?

Uncovering your personal superpowers.
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About the Activity

There’s a scene in every great superhero movie where the main character realizes they have a superpower. But did you know that everyone has their own set of strengths that are like personal superpowers? Knowing your own strengths can help you become a hero in life, school, and work. In this exercise, students explore the things at which they excel, and learn about the connection between self-confidence and self-control. In this activity kids will make a poster to demonstrate their own personal strengths.

Supplies

These simple materials—along with a few specialty supplies—will get you started:

- White board or pad of paper and markers
- Blank white paper or construction paper (one per youth)
- Magazines and other print resources, or an internet-connected device and printer
- Scissors and glue

Grades: 6-12

Topic: Health
Time: 60 minutes
Activity Steps

1. Think about one thing that you are good at. It can be an activity, a sport, or a personal quality. Then think about another, and another, and another! Write down each thing you can think of that you’re good at on a whiteboard or a notepad.

   **Some examples of things you might be good at:** cooking, math, running, fixing things, taking care of animals, telling jokes.

   **Some examples of qualities that might be your strengths:** caring, kind, funny, hard-working, good at listening, curious.

2. Next, using magazines or newspapers or the internet, find pictures that represent those strengths.

3. Cut (or print from the internet) all of those pictures out.

4. Now glue those clippings and images onto the blank piece of paper in the most imaginative way you can think of.

5. Hang up the completed collages around your home or wherever you’re doing this activity – so that you and everyone else can see your superpower strengths!
Test Your Knowledge

How much did you learn about your strengths?

**QUESTION 1**
**True or false?** Everyone has things that they are good at.
- a. True
- b. False

**QUESTION 2**
**True or false?** Everyone is good at the same things as other people.
- a. True
- b. False

**QUESTION 3**
Which of these is NOT an example of a real-life superpower?
- a. Artistic
- b. Love of reading
- c. Forgetfulness
- d. Athletic

Reflection Questions

**Questions to deepen wonder and understanding**

- What will you do when you are faced with a difficult task and you cannot handle it by yourself?
- How does it feel when you are able to tackle something hard?
- Are you good at everything? Explain.
- Consider these questions: What are two of your personal strengths? What are two strengths of your best friend? Sister? Brother?
Investigate & Explore

Take your new knowledge to the next level.

Everyone is good at something (at many things!), and understanding what those things are is important for kids as they figure out who they are and how they fit into the world. Knowing what your strengths is the foundation of self confidence, and finding that self confidence is really important for kids as they navigate complicated worlds of social dynamics and the inevitable peer pressure to make choices – alcohol, recreational drugs, smoking (and today, vaping) – that are a part of childhood, and particularly of being a teenager. When you feel confident, you feel able to stand up for yourself and to make healthy choices for yourself. Understanding you’re a superhero in your own way? That’s powerful.