

OBJECTIVES

To get to know yourself better.

To improve your self-esteem.

To boost optimism.

LENGTH

Around 20-30 minutes:

- 10 minutes to make a list of personal strengths.
- 10-20 minutes of discussion.

MATERIAL

Notebook, diary or a special handout.

FREQUENCY

Two or three times in the school year.

To allow your students to compare their responses over time, do this activity again at the end of the year to see if anything has changed.

RECOMMENDED TIME

At any time of day.

LESSON PLANS!



KNOWING YOUR STRENGTHS: THE KEY TO BOOSTING YOUR OPTIMISM AND RESILIENCE

WHY DO THIS EXERCISE WITH YOUR STUDENTS?

Adolescence is a key period during which the personality is developed, but where doubts can also arise. By helping students become aware of their strengths, you enable them to better understand what their assets are when facing problems, to increase their self-esteem and to be more optimistic and resilient.

STEP 1 : START BY ENCOURAGING YOUR STUDENTS TO THINK ABOUT THEIR PERSONAL STRENGTHS.

“WHAT ARE YOUR PERSONAL STRENGTHS?”

Invite your students to use the sheet on the third page and to check off the strengths that characterize them. The idea is to become aware of the parts of their identity that they're proud of and that could potentially help them in more difficult times. This encourages students to engage in a process of self-reflection and to get to know themselves better.



DON'T HESITATE TO SHARE YOUR OWN PERSONAL STRENGTHS WITH THE CLASS.

For example: “I'm able to persevere, I'm open-minded, I'm honest, I'm attentive, I take initiative, I'm generous, I know how to express my feelings, etc.”

STEP 2: SUGGEST THAT YOUR STUDENTS RANK THE STRENGTHS THAT THEY'VE CHOSEN.

As strengths they clearly possess (++) , less clearly possess (+) or need to work on (+ -). This can encourage your students to become aware of the strengths that they would like to have, but that still need work.

Furthermore, you can suggest that they fill out the following questionnaire (available in several languages): <https://www.viacharacter.org/account/register> (NB: you need to create a login – it may take a while). The questionnaire takes about 15 minutes to complete.

STEP 3 : ORGANIZE A 10–20 MINUTE DISCUSSION IN A BIG GROUP OR IN SMALLER GROUPS TO TALK ABOUT THE EXERCISE.

You could give them some food for thought, such as: What did you find easy/hard about this exercise? If you have enough time, let each student choose one or two of their greatest strengths and explain to the others why they represent them well.

EVERYDAY APPLICATION:



When a student is going through a difficult time in class, you can remind them of their personal strengths and see how they can help the student in that moment.

MY PERSONAL STRENGTHS

Place a check next to the strengths on this list that apply to you, and for each one, indicate if this is a strength you clearly possess (++), less clearly possess (+) or need to work on (+ -). You can update the list regularly to see your development.

	++	+	+ -
I'm humble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm brave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm creative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have common sense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm curious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm capable of gratitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm honest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a good sense of humour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm generous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can lead a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm capable of humanity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm able to persevere	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	++	+	+ -
I like learning new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm sensible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I work well in a team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm able to forgive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to be responsible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm open-minded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm attentive to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm patient	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to express my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take initiative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm energetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm positive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm affectionate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Think of other strengths that you have



When you encounter difficulties, don't hesitate to go back and read this list to remind yourself of your strengths. This will help you find solutions that are consistent with your character.