

**“I am a unique person with my own strengths, talents, and interests.”**



**“Strengths are things I am good at or things that come naturally to me.”**



## Who Am I?

Interests are things I enjoy and want to learn more about



“Interests are things I enjoy and want to learn more about.”



“I might be good at solving puzzles, drawing pictures, or remembering facts.”



**“I might enjoy sports, music, nature, or playing games.”**



**“My strengths and interests make me who I am.”**



**“I can try new activities to discover more things I like.”**



**“I can notice what makes me excited, calm, or happy.”**



**“My strengths help me solve problems and learn new things.”**



**“My interests help me stay curious and motivated.”**



**“I don’t need to be good at everything—nobody is.”**



**“I can ask grown-ups what strengths they see in me.”**



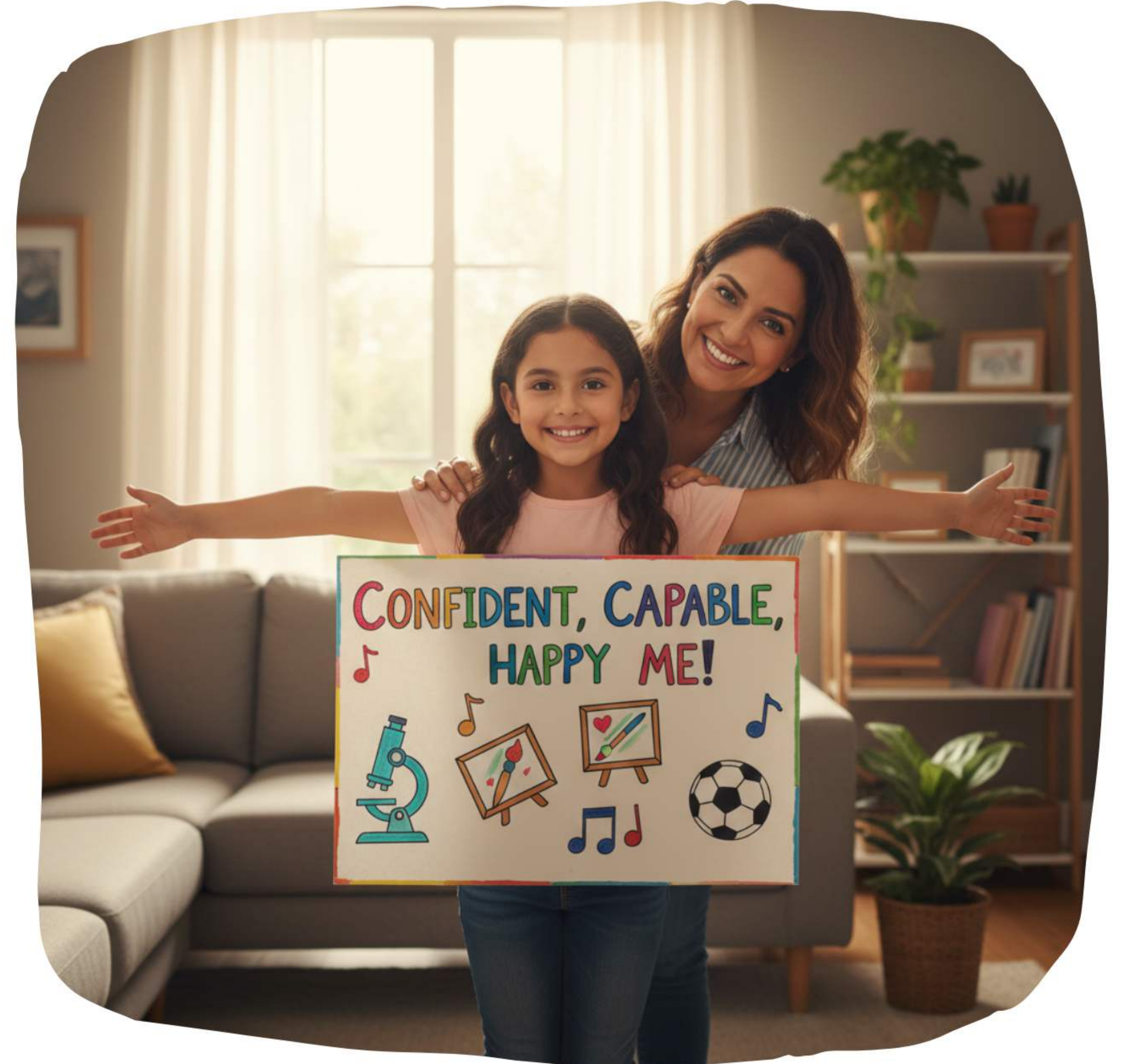
**“I can feel proud of the things I enjoy and the things I do well.”**



**“It’s okay if my strengths and interests change as I grow.”**



**“Learning about myself helps me make good choices.”**



**“When I know who I am, I feel confident, capable, and happy being me.”**



# Vocabulary

- **Strength**

A: Something I am good at. (Correct)

B: Something I can never do.

- **Interest**

A: Something I enjoy or want to learn about. (Correct)

B: Something I dislike doing.

- **Unique**

A: Different in a special way. (Correct)

B: Exactly the same as everyone else.

- **Discover**

A: Find something new about myself. (Correct)

B: Forget things on purpose.

- **Curious**

A: Wanting to learn more about something. (Correct)

B: Not wanting to know anything.



# Spellings

A: Strenth

B: Strength (Correct)

A: Intrst

B: Interest (Correct)

A: Happpy

B: Happy (Correct)

A: Lurn

B: Learn (Correct)

A: Uneek

B: Unique (Correct)



# Comprehension

- What are strengths?

A: Things I am good at. (Correct)

B: Things I never try.

- What are interests?

A: Things I like learning or doing. (Correct)

B: Things I always avoid.

- Do I need to be good at everything?

A: No, nobody is good at everything. (Correct)

B: Yes, I must be good at everything.

- How can I discover new interests?

A: By trying new activities. (Correct)

B: By never trying anything new.

- Why is it helpful to know my strengths and interests?

A: It helps me make good choices. (Correct)

B: It makes everything confusing.



# Open-Ended Questions

- What are some things you feel you're good at?

- What activities make you happy or excited?

- What new activities would you like to try?

- Who helps you learn about your strengths?

# Role-Play Activity

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- **Scenario 1**

You try a new activity for the first time.

→ Practice noticing how it makes you feel.

- **Scenario 2**

A grown-up tells you something you're good at.

→ Practice saying, "Thank you!" and thinking about it.

- **Scenario 3**

You find something difficult.

→ Practice choosing whether it's an interest or something to practice.

- **Scenario 4**

You discover a new interest.

→ Practice sharing it with a friend or adult.