



**Power Community
Youth Program**



VIRTUAL CLASSROOM

IDENTIFYING YOUR STRENGTHS



MAJOR PARTNERS:



Government
of South Australia

Department for Education

NAVAL
GROUP

PARTNER:

SEELEY
INTERNATIONAL

Braemar
HEATING COOLING

IDENTIFYING AND USING

Using the descriptions circle the *five strengths* that best describe you!

Appreciation of Excellence

Judgement

Grateful

Hopeful

Disciplined

Love

Persistent

Fair

Love of Learning

Brave

Kind

Energetic

Modest

Social Intelligence

Careful

Perspective

Forgiving

Curious

Creative

Leader

Teamwork

Humour

Spiritual

Honest

What *5 strengths* do you think Travis Boak needs to be captain of the Port Adelaide Football Club.

1

2

3

4

5



Write down a time in your life when you *achieved something you are proud of?*

.....

.....

.....

OUR STRENGTHS

How did *you* make this happen?

.....

.....

.....

What *strengths* did you use to *achieve* this?

.....

.....

.....

**We can develop our strengths by finding new ways to use them.
Think of a new way you could use *TWO* of your strengths.**

STRENGTH

HOW?

.....

.....

STRENGTH

HOW?

.....

.....



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IDENTIFYING AND USING

All of us have strengths, some different to others. Strengths are the qualities that help us to do things well. Using our strengths can help us have less stress, feel happy at home and school and improve our school work.

Appreciation of Excellence – You notice and appreciate beauty, excellence or skilled performance in all areas of life.

Brave – You are a courageous person who does not hide from threat, challenge or difficulty. You speak up for what is right even if there is opposition.

Creative – Thinking of new ways to do things is important to you.

Curious – You are curious about everything. You are always asking questions and like exploring and discovering new things.

Fair – Treating all people fairly is important to you. You give everyone a chance.

Forgiving – You forgive those who have done you wrong. You always give people a second chance.

Grateful – You are aware of good things that happen to you and never take them for granted. You always take the time to express your thanks.

Honest – You speak the truth and live your life in a genuine way.

Hopeful – You expect the best in the future and you work hard to achieve it. You believe the future is something you can control.

Modest – You do not seek the spotlight, preferring to let your accomplishments speak for themselves.

Humour – You like to laugh and tease. Bringing smiles to other people is important to you.

Judgement – Thinking things through and not jumping to conclusions is important to you.

OUR STRENGTHS

Kind – You are kind and generous to others and you are never too busy to do a favour.

Leader – You excel as a leader, encouraging a group to get things done and make sure everyone feels included.

Love – You value close relations with others, in particular those in which sharing and caring is reciprocated.

Love of Learning – You love learning new things whether in a class or on your own.

Persistent – You work hard to finish what you start. You do not get distracted when you work and are proud when you complete tasks.

Perspective – Although you may not think you are wise, your friends and family think you are. They value the way you think about things and ask you for advice.

Careful – You are a careful person and your choices are consistently sensible ones. You do not say or do things you might regret.

Disciplined – You control what you feel and what you do. You are in control of your appetites and emotions.

Social Intelligence – You are aware of motives and feelings of other people. You know what to do to fit in different social situations and know what to do to put others at ease.

Spiritual – You have strong beliefs about the higher purpose and meaning of the universe. Your beliefs shape your actions and comfort you.

Teamwork – You excel as a member of a group. You are a loyal and dedicated teammate, you always do your bit and work hard for the success of the group.

Energetic – Regardless of what you do, you approach it with excitement and energy.



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STRENGTHS HELP YOU BE THE BEST YOU

BRAD EBERT



Who is a **hero** you look up to?

.....

What **strengths** do they have?

.....

.....

How do they use their **strengths**?

.....

.....

What **strengths** do you have in common with them?

- 1
- 2
- 3
- 4



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