

LEARNING DIFFERENCES & ME: Knowing My Strengths & Challenges



There's only one you! You are made up of a unique combination of gifts and challenges.

It's important to know what your strengths are so you can use them in ways that help you, your friends and family at school and home. Who knows? If you have a deep interest in something and learn as much as you can about it, you might even be able to change the world some day. Have fun with these three activities.

Take a look at the list below and **check things that interest you.** Then pick three of your very favorites and write or record a video with your thoughts about why you like these best.

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Playing an instrument | <input type="checkbox"/> Dogs and cats | <input type="checkbox"/> Stars and space | <input type="checkbox"/> Science |
| <input type="checkbox"/> Singing | <input type="checkbox"/> Birds | <input type="checkbox"/> Plants and flowers | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Whales | <input type="checkbox"/> How things work | <input type="checkbox"/> The future |
| <input type="checkbox"/> Drama | <input type="checkbox"/> Fish | <input type="checkbox"/> How humans think and feel | <input type="checkbox"/> Science fiction |
| <input type="checkbox"/> Photography | <input type="checkbox"/> Bugs | <input type="checkbox"/> How the body works | <input type="checkbox"/> Environment |
| <input type="checkbox"/> Painting | <input type="checkbox"/> Bones | <input type="checkbox"/> Sports | <input type="checkbox"/> What else? |
| <input type="checkbox"/> Fashion | <input type="checkbox"/> History | <input type="checkbox"/> Interior design | |
| <input type="checkbox"/> Writing | <input type="checkbox"/> Flags | <input type="checkbox"/> Cooking and baking | |
| <input type="checkbox"/> Horses | <input type="checkbox"/> Rocks | <input type="checkbox"/> Cars and airplanes | |

What do you wish you were better at? How can you get help for those? **Check the things you're good at. Put an X on the ones you're working on.**

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Reading | <input type="checkbox"/> Being organized | <input type="checkbox"/> Getting frustrated or angry | <input type="checkbox"/> Solving problems |
| <input type="checkbox"/> Math | <input type="checkbox"/> Staying focused | <input type="checkbox"/> Asking for help | <input type="checkbox"/> Thinking for myself |
| <input type="checkbox"/> Science | <input type="checkbox"/> Being a good friend | <input type="checkbox"/> Helping others | <input type="checkbox"/> Taking notes |
| <input type="checkbox"/> Social studies | <input type="checkbox"/> Leadership | <input type="checkbox"/> Following directions | <input type="checkbox"/> Taking tests |

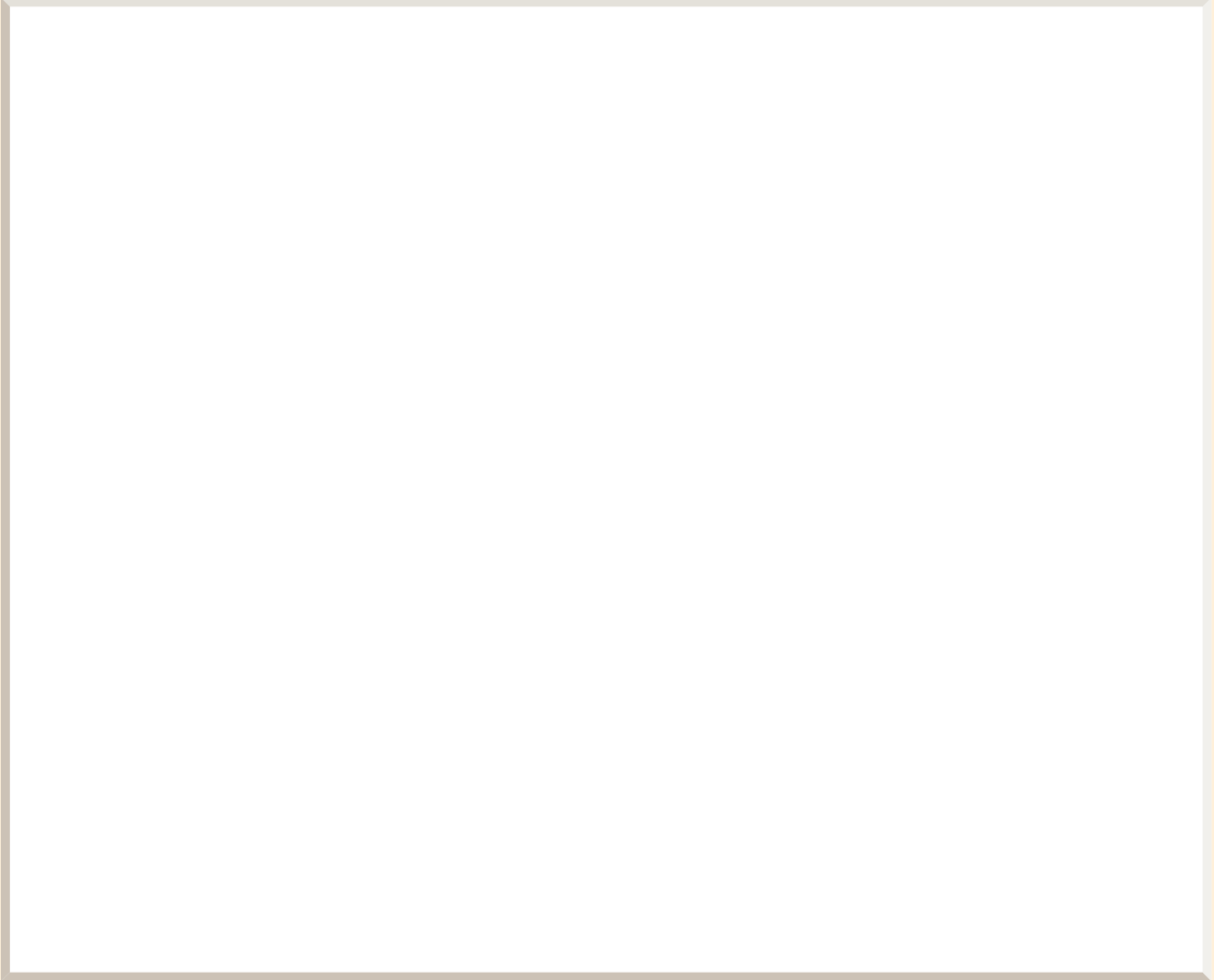


Knowing My Strengths & Challenges



Draw a picture that portrays you and shows why someone would want to be your friend.
Use another sheet of paper if you need to get all your ideas out!

Why someone would want to be friends with me:



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