Script

I have the power... and I won't hesitate to use it. Health and power

1. Presentation File name: I have the power... and I won't hesitate to use it Health and power1.mp4
2. Exercise Complete the sentences

Instruction:

I invite you to an exercise that will help you discover your strengths. Read the sentences carefully and complete them.

Worksheet 1 Complete the sentences

1. I am good at...
2. Friends ask me for help with...
3. I like myself for...
4. I can do ... faster than others.
5. Recently, I managed to solve a difficulty that involved...
6. In solving difficulties, it helps me that...
7. I willingly help my friends with...
8. The nice words I recently heard about myself were...
9. I have friendly people around me whom I can ask about my strengths. They are...
10. Presentation I have the power within me... and I won't hesitate to use it Health and power.-2.mp4
11. Game about strengths

Wheel of Fortune game format

<https://wordwall.net/pl/resource/22708492/doradztwo-zawodowe/moje-mocne-strony> <https://wordwall.net/pl/resource/6870264/psychologia/moje-mocne-strony>

1. Now it's time to complete the list of strengths. Check which STRONG POINTS you have

Read carefully and check your superpowers. At the end of the list, there is a place where you can write down additional abilities.

• I handle stress well

• I can draw nicely

• I play an instrument

• I sing well

• I enjoy telling stories; I am sensitive

• I can easily tell jokes

• I have a good sense of rhythm

• I dance well

• I deal well with difficult emotions such as anger

• I can count quickly

• I am good at history

• I can work in a group

• I am disciplined

• I am responsible for something or someone

• I easily solve difficult problems

• I am ambitious

• I play draughts well

• I am assertive

• I complete tasks on time

• I easily learn foreign languages

• I am great at physical education classes

• I can adapt to different situations and places

• I am optimistic

• I play chess well

• I am physically fit

• I have a sense of humor

• I am kind

• I diligently complete tasks entrusted to me

• I am creative

• I engage in sports

• I easily lead larger teams

• I show empathy to others

• I am reliable

• I willingly help others

• I am the life of the party

• I am not ashamed of my feelings

• I like helping my parents with daily chores

• I am a good friend

• I love animals and enjoy taking care of them

• I have a very good memory

• I can quickly concentrate on a task

• I am great at Scrabble

• I cook well

• I can make good cakes

• I quickly solve puzzles/crosswords/riddles

• I ski well

• ... (here is a place for your superpower that is not yet on the list; write it down or say it out loud)

1. Presentation I have the power... and I won't hesitate to use it Health and power.-2.mp4