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

Health and power.

Each of us, regardless of age, is equipped with a certain set of talents, skills, qualities that speak to our uniqueness and exceptionalism. We expand and enrich this set throughout our lives. With each passing day, month, year, we not only gain more years but, above all, we gain more experiences. We become richer in knowledge, we develop, we practice different skills, and we learn new things. Each of us has our own individual strengths.

I invite you to watch a film about strengths and skills.

Drawing (here you can make a chart/ or a child's silhouette with their strengths around - Talents, innate abilities, acquired skills, character traits, achievements, virtues)

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MY STRENGTHS

How can you discover your strengths? Think about what comes easier to you than to others? You can also ask for help from kind people. They will tell you what they value in you, why they like being in your company.

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

Worksheet 1 Complete the sentences

1. I am good at ............................................................

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1. My friends ask me for help with ..................................

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1. I like myself because ................................................

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1. I can do ...............................................................

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1. Recently, I managed to solve a difficulty that consisted of ....................................................

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1. When solving difficulties, it helps me that ........................................................

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1. I am happy to help my friends with ...........................................

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1. The nice words I recently heard about myself were ...........................

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1. I have kind people around me whom I can ask about my strengths. They are .....................................

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Perhaps you are still wondering what your strength is. Sometimes we don't see our advantages because we think of our abilities, skills as something natural, nothing extraordinary. Let me present you with some suggestions. It's a list of sample strengths. Perhaps you will find among them those that are your abilities. Remember that the examples listed below are not all possible skills or talents that a person can have. There are many, many more. It's worth being aware of our strengths. And there's no need to be ashamed of them. I hope this list will inspire you ☺

I invite you to participate in games - invite a friend or classmate

1. <https://wordwall.net/pl/resource/11943306/moje-mocne-strony>

2. <https://wordwall.net/pl/resource/8700481/psycholog-pedagog/moje-mocne-strony>

Worksheet 2 My superpower

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Everyone has potential, a set of their own, individual strengths. If you can't formulate them at this moment, it's not because you don't have them, but because you haven't discovered them yet.

Drawing of a young person - a researcher type with a magnifying glass

Each of us is different. Different doesn't mean better or worse. Different means unique and valuable precisely because of what sets us apart. Each of us has different abilities, personality, character traits that distinguish us from others. It's a natural thing. And very valuable, for example, in teamwork.

Because each member of the group is good at something else, the task facing the group can be completed faster, more efficiently, more creatively in a pleasant atmosphere. Besides, we can learn from each other, help each other, and support each other. We build more lasting relationships in this way. Maybe someone likes your company, likes to spend free time with you, precisely because you are yourself, not pretending to be anyone else, you are different from him.

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Worksheet 2 MY SUPERPOWER IS...

(These examples below can also be presented graphically)

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

● I cope with stress (a student standing at the blackboard facing the class; in front of him are desks and students sitting in them)

● I can draw nicely (a young person painting something nice)

● I play a musical instrument (a young person playing the piano or guitar)

● I sing well (a person singing)

● I like to tell stories (a group of children sitting in a circle, and one of them tells a story, their hands may be engaged)

● I am sensitive (two girls hugging)

● I can tell jokes easily (two people laughing, one holding their stomach)

● I have a good sense of rhythm (a person playing drums)

● I dance well (a person dancing)

● I cope with difficult emotions e.g., anger (a person in meditation)

● I can count quickly (a student solving a math problem at the blackboard)

● I am good at history (a student showing something on the world map)

● I can work in a group (three people leaning over a laptop)

● I am disciplined (a person looking at a watch)

● I am responsible for something or someone (an older child holding the hand of a younger child)

● I solve difficult issues easily (a knot)

● I am ambitious (a podium)

● I play chess well (two children playing chess)

● I am assertive (STOP sign)

● I complete tasks on time (page - a month from the calendar, one day circled)

● I learn foreign languages easily (a few English words written on the blackboard with chalk)

● I am great in physical education classes (basketball)

● I can behave in different situations and in different places (an audience in the theater)

● I am an optimist (a child in pink glasses)

● I play chess well (two children playing chess)

● I am physically fit (a child running on the field)

● I have a sense of humor (a laughing child)

● I am kind (smiling face)

● I diligently complete the tasks entrusted to me (child working at the desk)

● I am creative (person building with clay)

● I engage in sports (person riding a bike)

● I easily manage larger teams (several people working on a large sheet)

● I show compassion to others (two people, one sad, the other comforting)

● I am reliable (two boys shaking hands)

● I willingly help others (two people sitting on a bench over a book, one in the role of assisting)

● I am the life of the party (group of young laughing people)

● I am not ashamed of my feelings (person saying: I love you)

● I like helping my parents with daily chores (person washing dishes)

● I am a good friend (boys playing soccer)

● I am a good friend (two girls walking together)

● I love animals and enjoy taking care of them (person walking with a dog)

● I have a very good memory (person performing on stage)

● I can quickly concentrate on a task (person solving puzzles)

●I am excellent at Scrabble (two people playing Scrabble)

● I cook well (person - young chef cooking in the kitchen)

● I can make good cakes (baked cake and a young person smelling the aroma)

● I quickly solve puzzles/crosswords/riddles (person solving a crossword puzzle)

● I can listen attentively (two people talking, one speaking, the other listening)

● I am good at skiing (person skiing downhill)

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

Now think about your classmates.

Think about who among them has powers that you don't have. Think about the tasks you could complement each other on.

Remember that superpowers are not only possessed by your closest friends, but characteristics that you don't have may be possessed by people you rarely talk to. It might be worth considering who has what powers and trying to share during your next group work so that everyone can contribute something.