



# What are you good at?

## Who is this resource aimed for?

This is a universal resource aiming to understand how children see themselves (self-identity) and how they value their strengths (self-esteem). It is a resource to share their thoughts and to be used within activities such as mentoring or general planning.

I am really good at (tick the things you are really good at)

Making friends

Thinking about how to start a task

Finishing an activity

Helping my teacher

Helping my family

Being kind to animals

Reading to myself

Reading to other children

Remembering facts like bus routes or dates

Speaking confidently in front of others

Playing a team sports (like football, tennis, basketball)

Taking part in a solo sport (like swimming, horse-riding or gymnastics)

Thinking of amazing stories

Creative activities (drawing, making things or painting)

Making my own music (on the computer, or an instrument or singing)

Use this space. Are there things that you are good at that we haven't thought of?



Hello!  
I'm Pablo  
Panda

You can't be good at everything! Albert Einstein has been reported (but actually it's not true, but it is an interesting idea!) as saying; "Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid". There might be things that you find really difficult, and it might be that you can set up ways of helping you improve those things. No one wakes up one day and can learn how to play the piano or to read, for some people it seems easier and others have to work really hard. Breaking down activities into small steps towards a goal may help you become better at some of things you would like to be.

