

# Strengths Chain

Did you know you have strengths that no one else has quite like you do? Today we're going to name them, own them, and link them in a chain — because when we connect our strengths, we're stronger together. Cut out all the strengths that apply to you, or write your own using the blank strips provided. Then, link your strips of paper with tape, glue or a stapler to build a chain.

**I am kind and caring.**

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**I am a good friend and teammate.**

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**I am curious to learn more about everyone I meet.**

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**I put effort into making friends and keeping them.**

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# Strengths Chain

**I'm good at taking turns, sharing, and compromising.**

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**I use my eyes, ears, and energy when giving someone my attention.**

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**I can share my I.D. and take responsibility for what I did.**

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**I can ask for help when I need it.**

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**I can take deep breaths to calm myself down.**

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# Strengths Chain

**I can use empathy to feel what others might be feeling.**

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**I know when to stop and ask myself if I'm making the best choice.**

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**I tell the truth and apologize when I need to.**

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**I can set goals and plan ahead.**

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**I can follow rules and instructions.**

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# Strengths Chain

**I can keep track of time and the things I need to do.**

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**I can recognize and control what I say, what I think, and what I do.**

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**I can learn from my mistakes.**

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**I am creative.**

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**I can swim or play sports.**

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# Strengths Chain

**I can draw, paint, color, doodle, or make crafts.**

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**I can dance, act, play a musical instrument, or sing.**

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**I like to solve hard problems.**

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**I like helping my community through service projects.**

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**I like doing yoga or meditation.**

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# Strengths Chain

**I like to take care of my siblings, cousins, or family.**

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**I like to play with and care for animals.**

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