

MANAGING SELF



TALENT TIME

We are all good at something

When we really enjoy doing something we tend to want to do it more often. The more we do it, the better we get at it. What is interesting about this is that every person likes to do different stuff, so some people get better at doing certain things than others. The things we are good at are called our 'strengths' or 'talents'.

Have you noticed that some people in your class are really good at doing things that you find hard? Just remember that everyone is good at something: we just have to think about what our strengths are.



Ryan knows a lot about creatures that live in the sea



Jasmine and Sam are really good at encouraging others



Isaiah is really good at remembering things



Jackson is really good at building with Lego



Jamie is really good at soccer



Ruby is really good at sharing her ideas

EXPLORE!

What are your strengths?

1. Answer these questions with a thumb up for 'yes', thumb sideways for 'sort of' and thumb down for 'no' when your teacher calls them out.

- Are you good at getting out of bed when you need to get ready for school?
- Are you good at looking after animals?
- Are you good at getting yourself ready for school?
- Are you good at being friendly?
- Are you good at playground games?
- Are you good at doing your homework?
- Are you good at doing your school work?
- Are you good at being thoughtful of others?
- Are you good at inventing games?
- Are you good at telling jokes?
- Are you good at finding things for people?
- Are you good at listening to people?
- Are you good at getting your work finished on time?
- Are you good at packing away your things when you have finished with them?
- Are you good at crossing the road safely?
- Are you good at remembering the words to songs?
- Are you good at creating artwork?
- Are you good at helping out at home?
- Are you good at telling stories?
- Are you good at looking after younger children?
- Are you good at going to bed on time?
- Are you good at lining up quietly?
- Are you good at cartwheels?

Can you name some other things that you are good at?

What do you want to get better at?

2. We may not be good at everything but it makes us feel good when other people notice that we are working hard to improve. Remember to encourage the people you see who are trying hard to get better at things that are not yet their strengths.

What could you say to encourage someone who is making an effort but is still finding it hard?

