



## LESSON 3

# WHAT ARE MY STRENGTHS?

In this exercise, students explore the things they are good at, and learn about the connection between self-confidence and self-control.

## 🔍 OBJECTIVES:

### **PARTICIPANTS WILL:**

- Identify personal strengths.
- Identify strengths of others.
- Explore feelings associated with strengths and weaknesses.

### **LIFE SKILLS LEARNED:**

- Healthy Lifestyle Choices
- Learning to Learn
- Self-Responsibility

### **NATIONAL HEALTH EDUCATION STANDARD 8:**

Students will demonstrate the ability to advocate for personal, family and community health.

### **TIME NEEDED:** 1 hour

### **MATERIALS NEEDED:**

- White board or flipchart and markers
- Blank white paper (one per youth)
- Magazines and other print resources for collage creation
- Scissors and glue
- **Strengths Bingo Handout** (one copy for each youth and adult)

**DRUGS** – Reference to drugs includes those drugs not permitted by law (illegal) and lawful drugs (prescription or over-the-counter) which are obtained or used illegally unless otherwise specified.

## CONNECTING TO TOBACCO, ALCOHOL & DRUG USE

In order for youth to be able to take a stand and say no to vaping, they must learn to stand up for what is right. Self-advocacy helps youth to create solutions for problems in everyday life. Benefits for youth who practice self-advocacy include the ability to solve problems, self-confidence, ownership of their overall well-being, self-awareness and independence. Self-advocacy allows youth to build that toolkit necessary to say no to vaping!

One of the first steps in becoming a self-advocate is realizing one's strengths. In this lesson, youth will identify personal strengths and the strengths of those around them!

# EXPERIENCE THE ACTIVITY

## STEP 1

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Ask youth to state one thing they are good at! Record responses on a white board or flipchart. Pass out a blank piece of paper to each youth. Using magazines and other multimedia print materials, have youth find pictures that represent their strengths. Youth will then create a strengths collage using the blank piece of paper and clippings. Have them glue their clippings onto the blank piece of paper. Ask youth to talk through their collage with a partner. Hang up completed collages in the meeting space.



**TEACHING TIP** – If computers are available, have youth create a collage utilizing a word processing app or program. If enough time is available, have youth present their collages in front of the entire group.

## STEP 2

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Pass out the **Strengths Bingo Handout**. Give students (and adults) 10 minutes to walk around and locate others with the strengths listed on the **Strengths Bingo Handout**, having others sign underneath their listed strength. When participants get five in a row, have them yell BINGO!

## STEP 3

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### Share:

- If you received a BINGO, list your five strengths and the individual with those strengths.
- Are there any strengths that didn't match up with a person in the room?

### Process:

- Are you good at each item listed on the BINGO sheet?
- Were some of the strengths difficult to find in others?
- Who are people in your life who you can rely on in case you are faced with something that is too difficult for you to handle?
- What does it feel like if you are faced with something that is too difficult for you to handle, and you have no one else to turn to?

## STEP 4

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### Generalize and Apply:

- What will you do when you are faced with a difficult task and you cannot handle it by yourself?
- How does it feel when you are able to tackle something hard?
- Are you good at everything? Explain.
- Do peers come to you for help? If so, how do you showcase your strengths?

## STEP 5

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### Reflection:

- What are two of your personal strengths?
- What are two strengths of your best friend? Sister? Brother?

## STEP 6

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Discuss the “Family Corner” and “Community Corner” with participants. Encourage them to do one or both. If they choose to work as a group, help them follow through.

- **Family Corner:** Have each family member identify their strengths. Note any strengths that are similar or different.
- **Community Corner:** Play Strengths Bingo with your family or group of friends. Talk about the strengths of others as participants earn bingos.