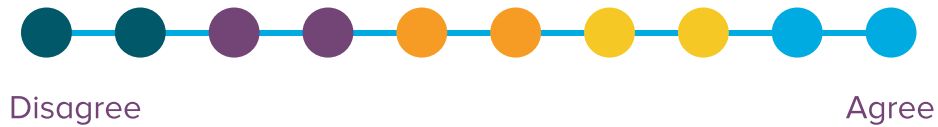


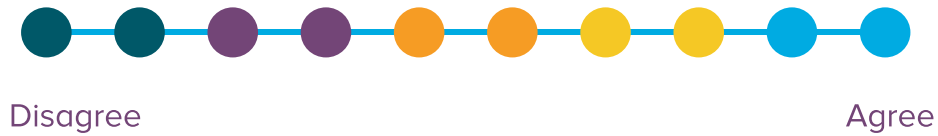
Knowing my strengths statement cards

Plot on the scale the extent to which you agree with each of these statements

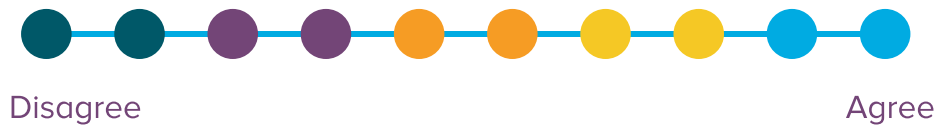
Q1. Everyone has strengths



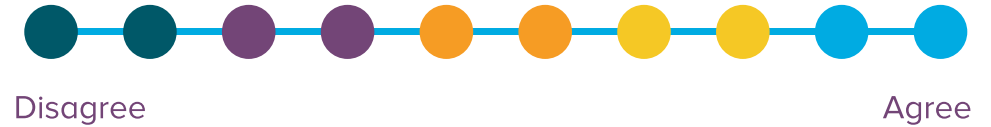
Q2. It's important to have goals in life



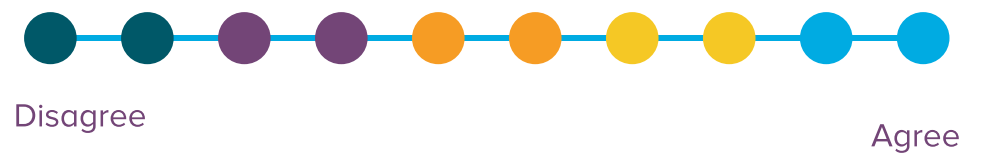
Q3. Life experiences can be painful but they help us to learn about ourselves



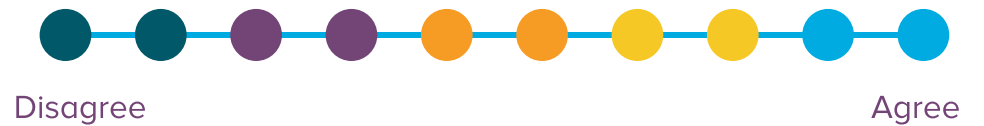
Q4. It's possible to overcome most challenges with the right support



Q5. Future possibilities are more important than past problems



Q6. I know my own strengths



Knowing my strengths



Recognising your strengths is the first step in feeling able to cope with challenges. Tick the ones that you think apply to you and add your own.

Qualities

Open minded
Kind
Sense of humour
Hopeful
Practical
Creative
Determined
Fair
Hard working
Forgiving
Logical
Curious

Skills

Art
Sports
Good listener
Writing
Dance
Active
Planning
Team player
Leadership
Acting
Public speaking
Gaming

Interests

Sports
Volunteering
Exercise
Science
History
Maths
Books
Board games
Animal welfare
Mindfulness
Cooking
Swimming

Values

Religion
Having a voice
Social justice
Learning
Gratitude
Being independent
Second chances
Giving back
Caring for nature
Happiness
Freedom
Being successful

What areas would you like to develop?
How might you start?

Using my strengths during challenging times

One thing that I found difficult about lockdown	One way that I overcame a challenge during lockdown	One thing that I learned about myself recently
Something or someone that has helped me recently	One skill that I can use in the future to overcome difficulty	One thing that I am looking forward to



Asset map of the community



Who can help?

Use the asset map of your environment to identify places where these young people might be able to get help.



Sarah is 14 and is finding it hard to get back into the routine of school after lockdown. She has some subjects that she enjoys but spends most of the day wishing that she was playing football or at home. She has started to skip some classes and is getting into trouble. This is causing some arguments with her parents. She has started to stay out late at the weekend and has started drinking alcohol with her friends during these times.



Since school reopened, John has found it hard to relax. He worries about his health and what will happen if someone close to him gets ill. He often lies awake at night scrolling on his phone for information. He doesn't go out to see his friends much and he is starting to feel lonely. He has tried to speak to his mum but he doesn't really know what to say.



Leslie is feeling the pressure of the Leaving Certificate year. They are still catching up on work missed during lockdown and they are struggling to make decisions about what they want to do next year. This is causing some tension with their parents and they are struggling to get to sleep some nights.

Hopes timeline

Plot your hopes for yourself, your school, and your community.
How might you contribute to achieving these?

