LEARNING DIFFERENCES & ME: Knowing My Strengths & Challenges

There's only one you! You are made up of a unique combination of gifts and challenges.

It's important to know what your strengths are so you can use them in ways that help you, your friends and family at school and home. Who knows? If you have a deep interest in something and learn as much as you can about it, you might even be able to change the world some day. Have fun with these three activities.

Take a look at the list below and check things that interest you. Then pick three of your very favorites and write or record a video with your thoughts about why you like these best.

- Playing an instrument
- Dogs and cats
- Stars and space
- Science

- Singing
- Birds
- Plants and flowers
- Technology

- Dancing
- Whales
- How things work
- The future

- Drama
- Fish
- How humans think and feel
- Science fiction

- Photography
- Bugs
- How the body works
- Environment

- Painting
- Bones
- Sports
- What else?

- Fashion
- History
- Interior design

- Writing
- Flags
- Cooking and baking

- Horses
- Rocks
- Cars and airplanes
- Science

What do you wish you were better at? How can you get help for those? Check the things you're good at. Put an X on the ones you're working on.

- Reading
- Being organized
- Getting frustrated or angry
- Solving problems

- Math
- Staying focused
- Asking for help
- Thinking for myself

- Science
- Being a good friend
- Helping others
- Taking notes

- Social studies
- Leadership
- Following directions
- Taking tests
Draw a picture that portrays you and shows why someone would want to be your friend.
Use another sheet of paper if you need to get all your ideas out!

Why someone would want to be friends with me: