

Strengths and Self-Esteem



Activities and information to help you to discover your skills, qualities and strengths.

Introduction

This booklet contains activities that aim to help you recognise and develop your skills, and consequently boost your self-esteem.

Skills and self-esteem are closely linked: when you have a good level of self-esteem, you are more likely to recognise the things you're good at. Similarly, once you realise how many skills and strengths you have, this will increase your self-esteem!

Glossary

You might come across some of the following words throughout the activities. Check you know what they mean so you're not left confused.



Application: A form that you fill in to be considered for a place at college/university, or a position at work.

CV: A document showing your education, qualifications and achievements that you'll send to employers when applying for a job.

Further Education: Now compulsory, this is the education or training that you will do after leaving school, usually in a college or sixth-form.

Higher Education: Education after age 18, such as university or degree apprenticeships.

Interests: Things that you enjoy and want to learn more about.

Qualities: Personal attributes which describe the kind of person you are. Eg: kind, responsible, thoughtful.

Self-esteem: The confidence you have in yourself and your abilities.

Skills: Something you can either be naturally good at, or that you can learn and develop with practise. Skills are useful for work, eg: IT skills.

Spotting Your Skills

Whether it's applying for college, university or a part-time job, you're going to need to know what skills you have and be able to give examples of when you use them.

This can be difficult, especially if you've never thought about it before!

Activity: Read the tasks below and tick the ones that you've done well or that you think you're good at. This will help you to find out where your skills lie.



Problem-Solving

- Solving puzzles
- Fixing / repairing broken items
- Coming up with a game plan in sports
- Learning from mistakes
- Thinking of creative solutions



Communication

- Listening to people's problems
- Giving clear instructions
- Speaking clearly
- Chatting on social media
- Doing class presentations 



Time Management

- Handing homework in on time
- Revising for different subjects
- Prioritising important tasks
- Arriving to school on time



Teamworking

- Doing group work
- Accepting others' opinions
- Playing team sports
- Helping siblings
- Involving all members of a group



IT Skills

- Typing documents on Word
- Editing photos or videos on social media
- Using spreadsheets in Excel
- Finding information on the internet



Leadership

- Being a prefect, mentor or group leader
- Captain of a sports team
- Motivating others
- Giving constructive feedback



Which boxes have lots of ticks? These are your key skills! Think about what you could do to tick off a few more examples and build your skillset.

I'm a Star Because...

When we're put on the spot, it can be difficult to say what we like about ourselves. Sometimes we just need a little prompt to help us think about this.

Activity: Finish the sentences below to help you discover what's great about you!

I like who
I am
because...

I mean a
lot to...

I feel
good
about...

I'm pretty
good at...

I've
succeeded
in...

I'm
proud of
myself
for...

I've
worked
hard to...

I've
helped
others
by...

Have you discovered some great things about yourself? Remember, these things are what make you 'you'.

The Skills Detective

Some jobs require specific skills and are more suited to people with certain interests. The more jobs you know about, the easier it will be to find one to suit you.

Activity: Read about the characters' skills below and try to guess which job they do.

Job list: Engineer, Accountant, Marketing Executive, Social Worker, Environmental Consultant.



I am creative and a good communicator. At school, I enjoyed English and was good at creative writing. My interests include social media and drawing on my iPad.

Job: _____

My favourite subject at school was product design and I was great at maths. I enjoy working with machines and tools. I get great satisfaction from fixing things!

Job: _____



Helping people is what motivates me and I'm good at solving conflicts. I am patient and have great listening skills. At school, I enjoyed reading and was good at writing reports. I can also control my emotions well.

Job: _____

I am highly organised and good with numbers. My hobbies include solving puzzles and working with computers. I have a good awareness of business and I know how to manage my money.

Job: _____



At school, I really enjoyed geography and quite liked biology. I like to explore the outdoors and am passionate about animals. I'm very organised with good time-management skills too.

Job: _____

Which of these characters' skills, hobbies or interests sound most like your own? Have you considered doing the job they do? Why not find out more about it?

Work Your Way Up

The following skills are all to do with the way you work. This means they're useful for school, university AND the world of work, so it's great to develop them.

Complete these challenges to climb the ladders to success!

Activity: Over the next few weeks, try to complete these challenges to and tick them off once you've done so.

Organisation

The ability to plan your work to stay on track and meet targets.

Help organise an event or project.

Plan a study or revision timetable.

Make a 'to do' list and tick off your tasks.

Sort out a bookshelf or wardrobe so things are easier to find.

Ability to Learn

Responding to feedback and being in control of your learning.

Put yourself forward when there's a chance to learn new skills.

Improve a piece of work after receiving feedback.

Try really hard in a subject you don't like that much.

Ask an adult about the job they do.

Self-Motivation

Seeing things through without being put off by setbacks.

Finish work without being asked.

Set a good habit and stick to it for as long as you can.

Suggest new ideas and try them out.

Set a new goal that you'd like to achieve.



Could you add another example of when you've demonstrated each skill to the bottom rung of the ladder?

Hobbies Horoscopes

Have you ever considered the skills that you gain from your hobbies? You might not have thought about putting cooking on your CV, but by identifying what it takes to do your hobby well, you can recognise even more of your skills!

Activity: Read your hobby horoscope below to discover which skills you have.



Cooking / Baking

Organised and creative with great attention to detail. Good time-management skills. Tends to be patient.

Computer Games

Is mentally agile and good with technology. Good at problem-solving and likes to overcome challenges. Can work independently.



Team Sports

Sociable with great team-working skills. Can cope under pressure and take responsibility. May also be a good leader.

Reading

Is open-minded and analytical. Has great concentration and is articulate. Good at seeing things from others' point of view.

Swimming

Perseverant and patient. Often dedicated and motivated to succeed. Resilient and copes well with setbacks.



Board Games

Logical and thinks before taking action. Has a good attention span and knows how to work with others. Thinks critically to solve problems.



Dancing

Disciplined and motivated with a high physical stamina. Sociable with good communication skills. May be adaptable.

Listening to Music

Creative and open-minded with good listening skills. Manages their emotions and is able to express their ideas well.

Art and Drawing

Precise and accurate with good observation skills. Learns from their mistakes. Very creative with great levels of perseverance



Don't see your hobby? Think carefully about the activities it involves and the skills needed for it. Ask the people around you to help identify the skills if needed.

Skills and Self-Esteem Journal

It's amazing how our brains tend to focus on the negatives, when in fact there are lots of positive things happening every day. Sometimes, we just need to highlight them and remind ourselves what we've done well!

Activity: Fill in the journal below to help you to focus on what you did well.

MON	Something I did well today...	
	Today I tried...	
	I felt proud when...	
TUE	I smiled because...	
	Today I accomplished...	
	Something I got right today...	
WED	I had a positive experience with...	
	I made someone smile when...	
	Today was interesting because...	
THUR	I felt good when...	
	Today I was inspired by...	
	Something I did for someone...	
FRI	I set a good example when...	
	Today I'm looking forward to...	
	Something I achieved today...	

If you've enjoyed filling in this journal, you could use the sentence starters to continue it in another notebook for future weeks.

Look for your Qualities

You can train your brain to search for the positives in any situation. It's just like any other skill: the more you practise it, the better you'll get! This can also be true when thinking about yourself and your qualities.

Activity: Find all of the positive words in the word search below.

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                P G M O                L G S Q
            F O V C T M                U O R N C A
        V T R M I L H P                B B F Z G M F D
    B N Z L I T K J O I A Z R C D B U E B E
M Q F Z A P X E C F O U V U E I I F L K K U K
P D I C M K H G N Q A S G L S T G B F W C K C J
P W X E K W C R Q D O I B H I I I H U Q Z J P Q
T D U H N L H E F W L A H O T S V E T H S W D Q
O D F X I B E N Y B P Y U M N F I L U F P L E H
M P K B P H E E D A F S S O Q H U K L Z U F T S
E L S Z S T R A C K O Y P G P F H L L J B N P F
    C T C S C F X C C V S K X F C F S F A E A K
    G A R P J U L D N E W T N E L S V N D Q E L
    M B U W L I Q R A R D A N T V H I M N V
        K C S R E S P E C T F U L L F S T X
            B L T N T V T H H N F U N N Y F
                T K W D E T Q Y F V O G G H
                    S I O H O R I B C F K A
                        T N R S W Z Q S O Y
                            Q D T V R R E O
                                F E H U B E
                                    U F Y P
                                        C X
    
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|------------------------------------|------------------------------------|--------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> ambitious | <input type="checkbox"/> capable | <input type="checkbox"/> responsible | <input type="checkbox"/> helpful | <input type="checkbox"/> energetic |
| <input type="checkbox"/> bright | <input type="checkbox"/> cheerful | <input type="checkbox"/> thoughtful | <input type="checkbox"/> kind | <input type="checkbox"/> friendly |
| <input type="checkbox"/> calm | <input type="checkbox"/> confident | <input type="checkbox"/> trustworthy | <input type="checkbox"/> respectful | <input type="checkbox"/> funny |

Did you notice that all of these words are adjectives? Which ones could you use to describe yourself? Maybe you could ask the people around you what they think.

Time to Get Talking!

If you're struggling to identify your own skills, strengths or qualities, it might be a good idea to get somebody else involved. That way, you can build up each other's confidence!

Activity: Ask a parent, carer, teacher, friend or sibling the questions below and make sure you get them to ask you too.

When have you been in a position of responsibility?

What do you think I'm good at?

What's the biggest challenge you've tackled?

What are your hobbies and what skills do you need to do them?

When have you felt really successful in life?

What makes you feel the most confident?

When have you tried something new and what did you learn?

What is something that people compliment you on?

What are you proud of in line?

One thing I've learned about myself from this discussion is...

One thing about the other person that's inspired me is...

Did speaking to somebody else help you to find out more about yourself? Hopefully you've learned something about them too!

Seek Out Your Strengths

Sometimes, we concentrate too much on the things we're not good at, or what we don't like about ourselves. Recognising the things that you do well can help you discover your interests, and perhaps what you'd like to do in the future.

Activity: Look at the table below and circle the strengths that you have. If you're not sure, why not ask somebody else?

creative	leadership	curious	open-minded	empathy
enthusiastic	persistent	kind	loving	honest
social awareness	fairness	bravery	teamwork	forgiveness
patience	self-control	common sense	modesty	grateful
love learning	humour	ambitious	confident	intelligent
athletic	well-behaved	logical	optimistic	independent
flexible	adventurous	organized	friendly	helpful
good listener	adaptable	tech-savvy	problem-solving	time-management

A time I've showed my _____ skills was when...

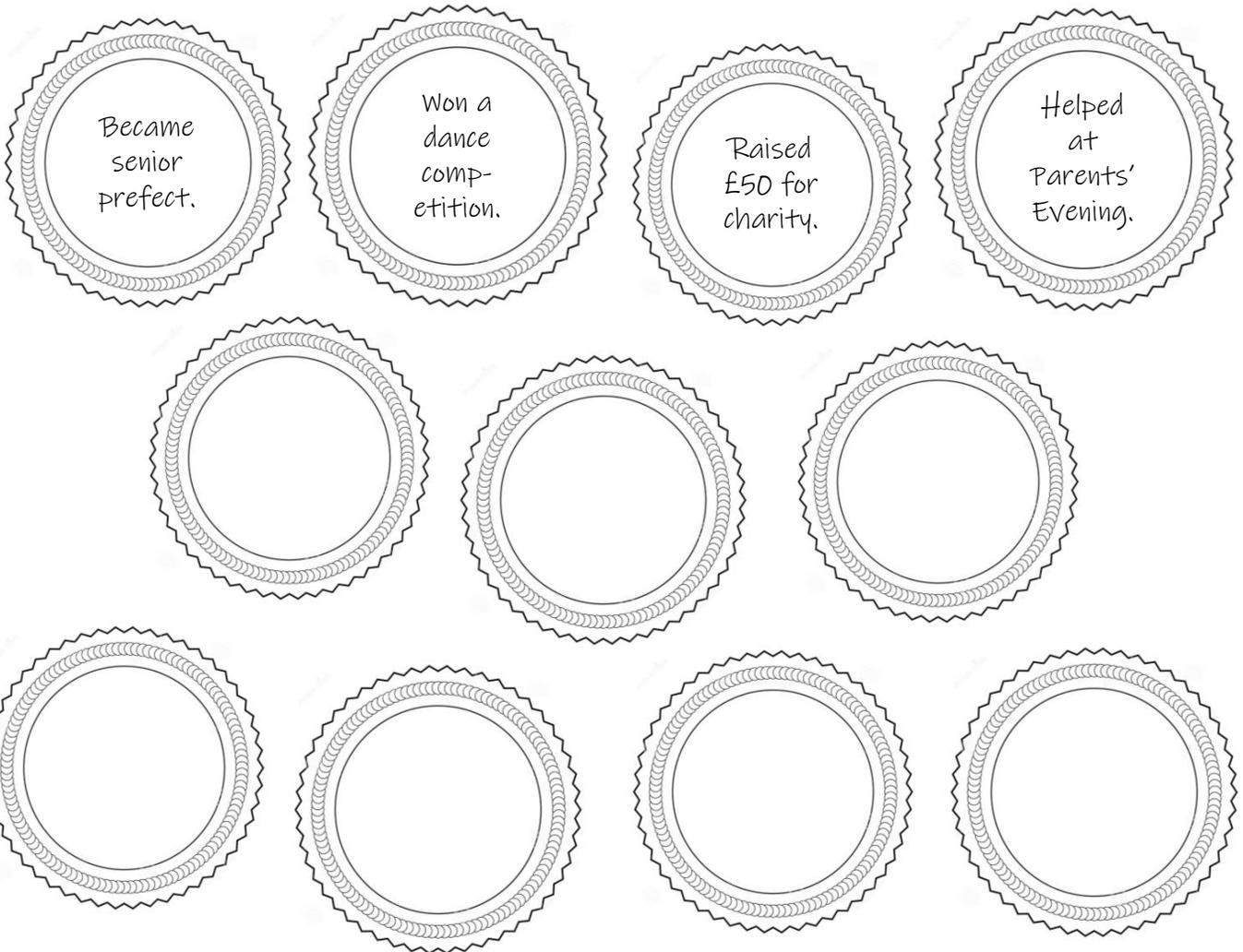


Once you've identified your strengths, try to think of some examples of times when you've used them, or opportunities to use them in the future.

Admire Your Achievements

Although it may feel unnatural, there are several situations in life where we have to 'sell ourselves' and put forward our best skills and achievements. This could be when applying for Further Education (16+), Higher Education (18+) or a job.

Activity: Look at the example medals below of other students' achievements. Then add some of your own!



Now, write about your biggest achievement in more detail:

Look at all the amazing things you've done! Remember to keep a record of these as they will be very useful when writing application forms.