



SA 4-6 L3 MY STRENGTHS AND NEEDS

Grade: 4-6

Competency Area: Self-Awareness

Lesson Title: My Strengths and Needs (Lesson #3)

T-SEL Standard: 1.G.2. Students articulate their needs in constructive ways. Students begin to develop a sense of personal purpose and feel that their lives are important and meaningful.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. Introduction: Begin the lesson by gathering students in a circle. Ask the students what a “personal strength” is. Invite several students to share their ideas aloud. Recap for students that a personal strength is anything that someone is good at. Instruct students to turn and talk to a partner to share some of their personal strengths. Potential student responses might be; being good at a specific sport, art, playing a musical instrument, reading, math skills etc.

Next, ask the students what “personal needs” are. Again, invite several students to share their ideas aloud. Then recap by explaining that personal needs are anything that we need in order to be successful. Instruct students to turn and talk to a partner to share some of their personal strengths. Potential student responses might be; wearing glasses to help see, reading, doing something independently.

Summarize for students that every one of us has a different set of personal strengths and personal needs. It is important that we learn about ourselves so we know how we can help others and what we might need help with.

2. Drawing Activity: “My Strengths and Needs”

- Provide each student with a copy of the My Strengths and Needs Worksheet. Direct students to place it in the back of their backpack.
- Instruct students to think of two personal strengths and two personal needs and write them down in the appropriate space on their backpack.
- Encourage students to draw pictures of their strengths and needs as well.





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3. **Sharing:** Divide students into small groups (three or four students per group). Tell students that in each of their small groups, students should take turns sharing their drawings and telling their groups about their two personal strengths and their two personal needs.





MY STRENGTHS AND NEEDS WORKSHEET

My Strengths	My Needs

