

## **CHECK YOUR STRENGTHS:**

### **General Strengths**

- ☐ Is able to work or play independently
- ☐ Is interested in doing well
- ☐ Understands and sets goals
- ☐ Wants to/is eager to learn new things
- ☐ Asks for help when needed
- ☐ Works well/gets along well in groups
- ☐ Works well/gets along well one-on-one
- ☐ Is able to organize items and thoughts
- ☐ Admits disappointments/mistakes and is able to move on
- ☐ Has passions and hobbies
- ☐ Can plan ahead
- ☐ Makes good choices
- ☐ Is curious and creative
- ☐ Problem-solves well

### **Social Strengths**

- ☐ Shares, takes turns and negotiates
- ☐ Seeks out social interactions
- ☐ Asks for help and comfort when needed
- ☐ Is comforting and offers help when needed
- ☐ Accepts personal responsibility for actions (good and bad)
- ☐ Has a good sense of humour
- ☐ Doesn't follow the crowd (resists peer pressure)
- ☐ Follows rules and routines well
- ☐ Accepts redirection well
- ☐ Is able to make friends and keep them
- ☐ Is truthful and honest
- ☐ Has positive relationships with adults
- ☐ Shows empathy and sensitivity to others
- ☐ Likes to help others
- ☐ Reacts appropriately when frustrated (such as not hitting)

### **Language Strengths**

- ☐ Is able to express needs, wants and ideas verbally
- ☐ Uses inflection and expression when speaking
- ☐ Understands jokes, puns and riddles
- ☐ Can talk about events in the correct and logical order

- ☐ Understands the give-and-take of conversation
- ☐ Uses grammar appropriate to his age
- ☐ Has and uses a growing vocabulary
- ☐ Is interested in listening to stories, music and other activities
- ☐ Participates in discussions at home, at school and with friends
- ☐ Answers who, what, when, where questions in conversation (or about a story)

## **Literacy Strengths**

- ☐ Enjoys reading
- ☐ Can match letters to sounds and sounds to letters
- ☐ Is able to sound out unfamiliar words
- ☐ Recognizes sight words
- ☐ Can follow written directions
- ☐ Recalls and retells stories and facts after reading
- ☐ Can make predictions based on what's happened so far in the story
- ☐ Can pause when reading and return to that sentence after being interrupted
- ☐ Reads accurately and with expression
- ☐ Figures out what new words mean by looking at the context or asking questions
- ☐ Has creative and imaginative ideas; likes to tell stories
- ☐ Makes connections between reading material and personal experiences

## **Math Strengths**

- ☐ Sees and understands patterns in nature and in numbers
- ☐ Remembers math facts and can perform mental math
- ☐ Thinks logically
- ☐ Understands math concepts and can apply them to the real world
- ☐ Uses and understands math vocabulary