



# What I'm Good At

**\*LESSON\***

## LEARNING & DEVELOPMENT OUTCOME

Participants will communicate their strengths with their peers and listen to understand the strengths of others.

## MATERIALS

What I'm Good At worksheet, writing or drawing utensils

## AGE ADJUSTMENTS

For an older audience, have participants write sentences about what they're good at on their worksheet. For a younger audience, have them draw pictures.

## Lesson Plan

### Introducing the Lesson

- Ask the group how a person can know that they are good at something.
- Have a few participants share their ideas.

### Experiencing the Lesson

- Explain that it is important to recognize what other people are good at, and also important to know what you yourself are good at.
- Give each participant a What I'm Good At worksheet.
- Ask everyone to think of one thing they are good at doing and write or draw it on their worksheet.
- After everyone has had enough time to write or draw on their worksheet, call on participants one at a time to share what they are good at.

### Closing the Lesson

- Ask each participant to share a word or phrase about how they feel after telling the group something they are good at.

### After the Lesson

- Look for times that participants are doing something they are good at (either what they shared in this lesson or something else that they are good at).
- Make a point of telling them that you recognize that they are good at what it is they are doing.

What if a participant isn't sure what they're good at?



"Help them come up with an idea by sharing some things that you think they are good at and asking them if they agree."



## Further Exploration

- Help participants comprehend what one another is good at through one-on-one dialogue.
  - After everyone has filled out their worksheet, have them stand up and get into groups of three or four.
  - Give them one minute to share what they are good at with their partners, then call out "switch" and have them mingle and get into a new group of three or four to share with.
  - After a few rounds of sharing, pause and call on a few participants to share one thing that someone they spoke to is good at.
  - Continue for several rounds, pausing every few rounds to have a few students share what someone they talked to is good at.



## Get Creative

- Create a collective "What We're Good At" mural on a large piece of butcher paper.
  - Have the group collaborate on the mural by drawing things that they are individually or collectively good at.
  - Encourage them to fill all empty space by continuing to think of things that they are good at that they could draw.
  - Hang the mural somewhere in the classroom to serve as a decorative piece and a reminder of what the group excels at.

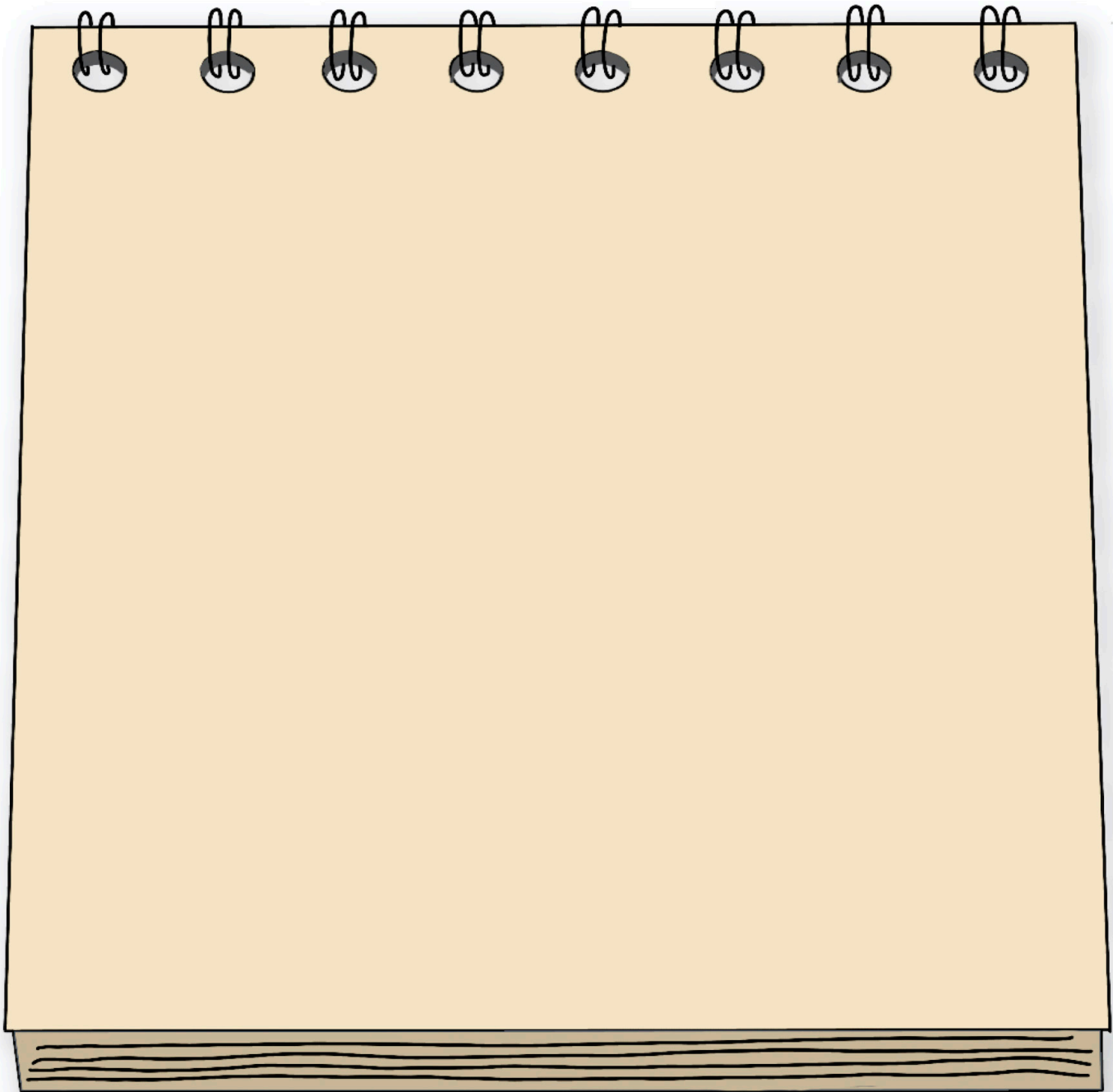
## Online

- To facilitate this lesson online, create a shared document with a slide for each participant.
- After the opening conversation, give participants time to work independently on their slide, filling it with pictures and/or words that represent something they are good at. Consider playing some music while they work.
- After a designated amount of time, use screen sharing to go through all of the slides in the document.
- Have each participant talk about what they are good at when their slide comes up.



# What I'm Good At

Something that I am good at is...

A large, blank, spiral-bound notebook page with a light beige background and a black outline. The page is oriented vertically and has a spiral binding along the top edge. The page is intended for a student to write their answer to the prompt above.

Worksheet for: What I'm Good At