

Reflection Activity	What Makes Me... ME!
Grade	3-5
Learning Intention	Students will articulate their ideas, thoughts, and feelings regarding their own strengths and challenges.
Materials Needed	<ul style="list-style-type: none"> • What Makes Me... ME! worksheet • Pencils/drawing implements

The Activity

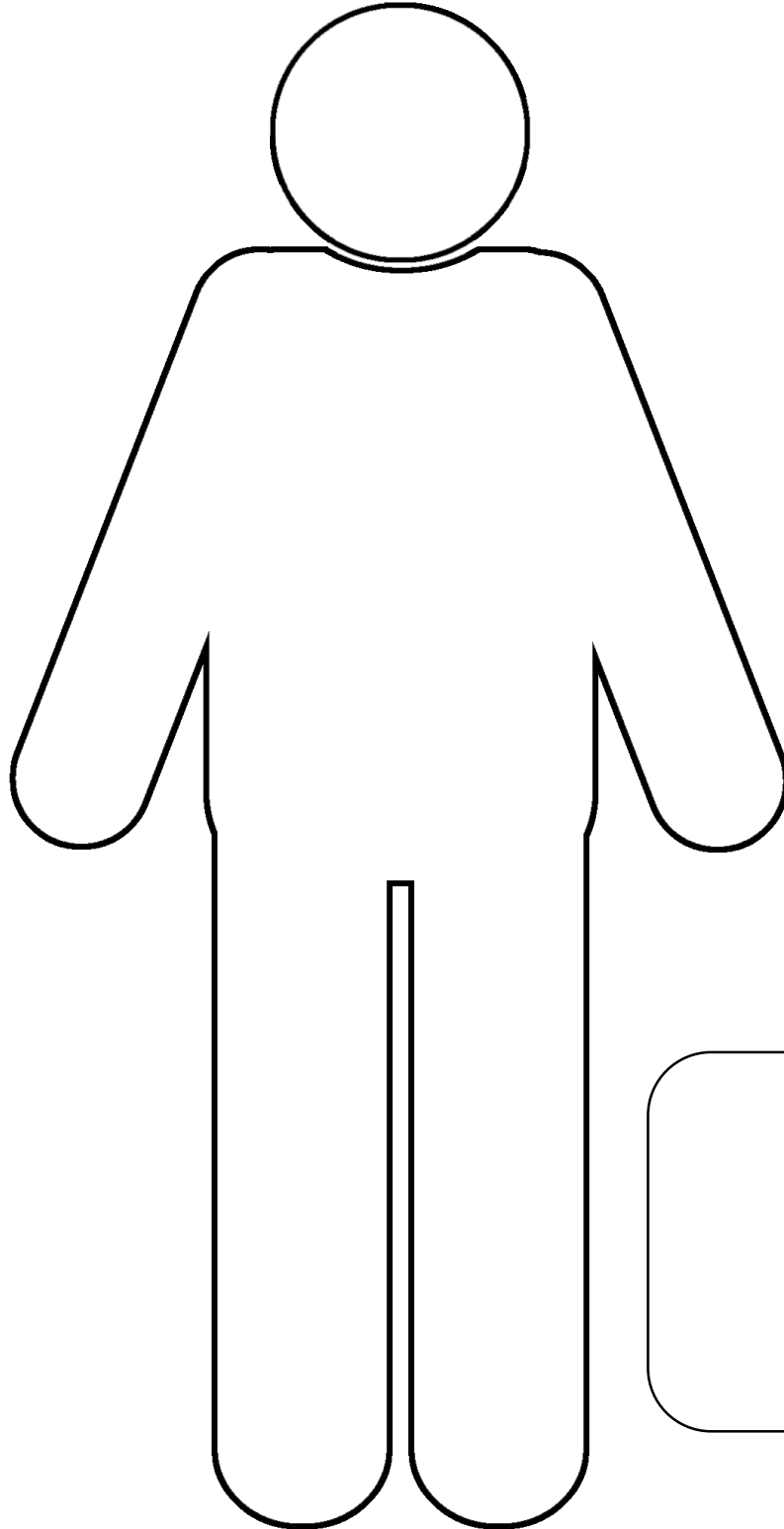
1. Begin this activity by reminding students that everyone has strengths, be they academic, in athletics, personality traits, and/or other special skills. Tell students that today they are going to take some time to think about their own strengths and challenges.
2. Hand out What Makes Me... ME! worksheets.
3. Have each student select two coloring utensils (markers, crayons, colored pencils, etc.) of two different colors; one color will represent their strengths and the other, their challenges.
4. Ask students to complete the key at the bottom right of the worksheet by drawing a dot of each color by the category it represents.
5. Instruct students to fill up the body on the worksheet with their strengths and challenges both inside and outside of school. They can use words, pictures, and symbols, but should be sure to use the colors they specified for strengths and challenges.
6. Once students complete the activity, ask them to share some of their strengths, then their challenges. Point out variations and similarities of both strengths and challenges.
7. Ask students why it is important to identify their own strengths and challenges and share them with others (e.g., to learn about how we are different, to know what friends are good at, to recognize that we all have strengths and challenges).

Variations/Extensions

- Instead of using the worksheet, have students trace themselves on butcher paper to make life-size strengths and challenges portraits. Hang the finished products in the hallways.
- Pair this activity with a reflection prompt that asks students to write about their strengths and challenges.

Name: _____

What Makes Me ... ME!



Key

My Strengths

My Challenges