

## RESOURCES FOR SCHOOLS, TEACHERS AND ADVISERS

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| <b>RESOURCE TITLE</b>                                                            | <b>STRENGTHS</b>                                                                                                                                                |                                |            |
| <b>RESOURCE SUMMARY</b>                                                          | This session invites students to explore their strengths and learn how to use them as individuals and in a group.                                               |                                |            |
| <b>THEME</b>                                                                     | WELL                                                                                                                                                            | <b>LAST UPDATED</b>            | April 2024 |
| <b>TARGET YEAR GROUP</b>                                                         | Years 10 & 11                                                                                                                                                   |                                |            |
| <b>MIN. NUMBER OF LEARNERS</b>                                                   | 5                                                                                                                                                               | <b>MAX. NUMBER OF LEARNERS</b> | 30         |
| <b>LENGTH OF SESSION</b>                                                         | 20 minutes + 5 minute extension activity                                                                                                                        | <b>VENUE LAYOUT</b>            | Cabaret    |
| <b>WORKSHOP/RESOURCE OBJECTIVES</b>                                              | Enable learners to: <ul style="list-style-type: none"> <li>• explore their personal strengths</li> <li>• use their strengths in different situations</li> </ul> |                                |            |

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| <b>RESOURCES INCLUDED</b>             | <ul style="list-style-type: none"> <li>• <a href="#">PP_Strengths</a> - presentation</li> <li>• <a href="#">HD_Strengths</a> – handout for activity 1</li> </ul>                                    |
| <b>AV / OTHER RESOURCES REQUIRED?</b> | <ul style="list-style-type: none"> <li>• Access to a computer with presenting capabilities</li> <li>• Pens / pencils for activity handout</li> <li>• Sticky notes for extension activity</li> </ul> |

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| <b>Timing</b> | <b>Notes</b>                                                                                                                                                                                                                                                                                                                  |
| 8 minutes     | <b>Introduction – go through slides</b><br><br>Detailed presenter notes are on the PowerPoint slides. As an overview, this will cover: <ul style="list-style-type: none"> <li>• What are 'strengths' and how are they helpful</li> <li>• Examples of strengths</li> <li>• Important points to know about strengths</li> </ul> |

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| 12 minutes | <p><b>Activity 1 – Strengths</b></p> <p>Often students find it hard to identify strengths and even harder to discuss them in front of others so it depends greatly on the dynamics of the group – if you feel this will be the case they could always share just 1, they may need you to suggest what you see their strengths are. The activity still works with them completing it for self-reflection.</p> <p>If a group knows each other well, they can suggest strengths they see in each other. If they are less academic, it doesn't have to all be school-focused.</p> <p>The final question on the sheet is a key one to draw out, as exploring how to use your strengths more is a really important part of this area, as if you use your strengths more you are more motivated and more likely to succeed in what you are doing</p> |
| 5 minutes  | <p><b>Extension activity</b></p> <p><i>You can use sticky notes to create a group 'strengths wall', writing everyone's core strengths on different sticky notes then putting on the wall, grouping similar ones together, to look at the spread of strengths across the group. Highlight that the ideal in a group is lots of different strengths rather than everyone being the same.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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| <b>TIPS FOR SUCCESS</b>           | <ul style="list-style-type: none"> <li>For activity 1, you may choose for students to do this by themselves or as a group, depending on the group and the students.</li> </ul>                                                                                   |
| <b>WAYS TO ADAPT THIS SESSION</b> | <ul style="list-style-type: none"> <li>Include the extension activity if you have time.</li> </ul>                                                                                                                                                               |
| <b>FURTHER RESOURCES</b>          | <p>See other resources on wellbeing and motivation, e.g.</p> <ul style="list-style-type: none"> <li><a href="#">Confidence</a></li> <li><a href="#">Mindset</a></li> <li><a href="#">Female motivation</a></li> <li><a href="#">Stress management</a></li> </ul> |