

# Grade 4 Life Skills

## PERSONAL STRENGTHS

### What am I good at



## Term 1 Week 1

## Study area

Personal and Social  
Well-being

## Key words

- **special** – to be better or different from others
- **personal strength** – what I am good at

## What I am good at

Everyone is **special** in some way. Everyone has different things that they are good at. Some people are good at spelling, singing or running fast. Other people are good at being kind to others or looking after hurt animals. Others are good at making or fixing things.

## ACTIVITY 1.1 What you are good at



1. Think about what you are already good at.
2. Think about what you are still practising to be good at.

# My Confidence Jar

In the jar below, write all the things you think you are good at. For example, 'I am good at Maths'.



## My Practising Jar

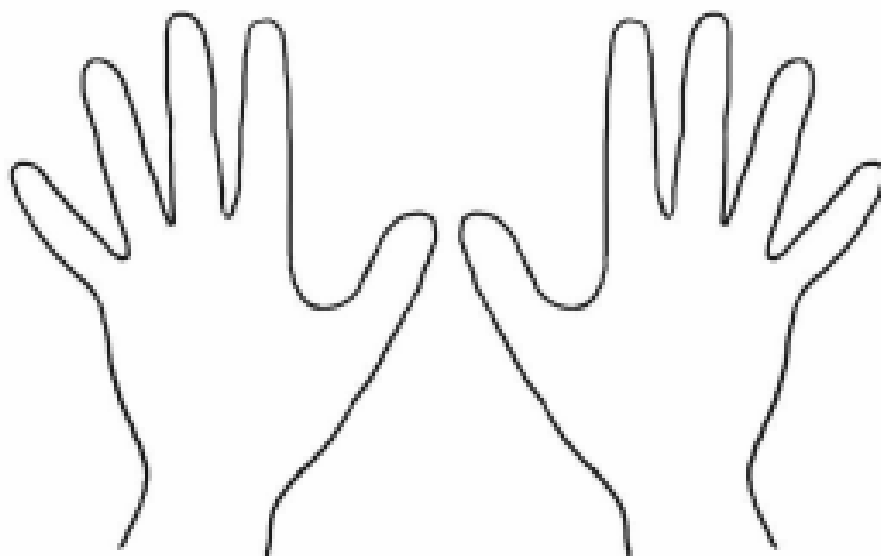
In the jar below, write all the things you think you would like to work on and improve. For example, 'I would like to improve my reading skills and become more confident.'



### ACTIVITY 1.2 An exciting experience

Tell a partner about something that you have achieved or experienced because of a **personal strength** that you have. Talk about what it felt like. Now listen to your partner. Talk about what your partner is good at.

### ACTIVITY 1.3 Draw outlines



1. Draw an outline of both your hands on plain paper. Cut them out.
2. In the right hand outline, write one thing that you are good at.
3. In the left hand outline, write one thing that you are not yet good at.
4. Attach all the right hand outlines to one section of the classroom wall. Next to them, do the same for the left hand outlines.
5. Talk about what is written on the outlines.





### Key words

- **practise** – to keep doing the same or a similar thing to get better at it
- **improve** – to get better at something

## Using who I am to become a better me

Each person is good at some things and not yet good in other things. We can use the strengths we already have to **practise** what we are not yet good at. Practising helps us to **improve**.

Read below about Glenn and his friends.

I wasn't good at spelling. I was actually quite bad. I wanted to get better. Every day at home I learnt to spell three new words. Sometimes my mother would give me a test.

I am quite a good speller now. I used my determination to improve.



I can run fast but I couldn't kick a ball very well. No one wanted me on their team. I began to practise my kicking together with my running. I didn't tell anyone I was practising. I am much better and now I'm not always chosen last. Being able to run fast helped my kicking.

### ACTIVITY 1.4 Getting better

Think of something you would like to improve. Think about what you can do to improve it. Can you use something that is already a strength to help you? Complete the worksheet your teacher will give you.

# I Am an Amazing Person!

Read and complete the sentences below.  
You can draw or write the answers.

I  
am  
really good at...

I  
am  
proud  
of myself when...

I  
know  
people like me  
because they...

My  
special  
talent is ...

I  
feel  
good about myself when I...

I  
am a  
good brother/sister/son/  
daughter because...

I  
am a  
good classmate because...

I  
am a  
special friend because...

