



## F16 Celebrating Your Strengths

### 1

### Finding My Strengths

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Able to apologize                    | <input type="checkbox"/> Fun/silly                      | <input type="checkbox"/> Powerful             |
| <input type="checkbox"/> Accepting                            | <input type="checkbox"/> Generous                       | <input type="checkbox"/> Practice self-care   |
| <input type="checkbox"/> Adventurous                          | <input type="checkbox"/> Good communicator              | <input type="checkbox"/> Prayerful            |
| <input type="checkbox"/> Affectionate                         | <input type="checkbox"/> Good with money                | <input type="checkbox"/> Protective           |
| <input type="checkbox"/> Alert                                | <input type="checkbox"/> Happy                          | <input type="checkbox"/> Proud                |
| <input type="checkbox"/> Artistic                             | <input type="checkbox"/> Hardworking                    | <input type="checkbox"/> Reasonable           |
| <input type="checkbox"/> Balanced                             | <input type="checkbox"/> Have supports                  | <input type="checkbox"/> Relaxed/present      |
| <input type="checkbox"/> Brave                                | <input type="checkbox"/> Healthy                        | <input type="checkbox"/> Resourceful          |
| <input type="checkbox"/> Capable                              | <input type="checkbox"/> Healthy coping skills          | <input type="checkbox"/> Respectful of others |
| <input type="checkbox"/> Cheerful                             | <input type="checkbox"/> Helpful                        | <input type="checkbox"/> Responsible          |
| <input type="checkbox"/> Clever                               | <input type="checkbox"/> Honest/truthful                | <input type="checkbox"/> Self-aware           |
| <input type="checkbox"/> Comforting                           | <input type="checkbox"/> Hopeful/optimistic             | <input type="checkbox"/> Sense of humor/funny |
| <input type="checkbox"/> Committed                            | <input type="checkbox"/> Healthy coping mechanisms      | <input type="checkbox"/> Skillful             |
| <input type="checkbox"/> Confident                            | <input type="checkbox"/> Humble                         | <input type="checkbox"/> Spiritual            |
| <input type="checkbox"/> Creative                             | <input type="checkbox"/> Imaginative                    | <input type="checkbox"/> Spontaneous          |
| <input type="checkbox"/> Curious                              | <input type="checkbox"/> Knowledge of child development | <input type="checkbox"/> Stable               |
| <input type="checkbox"/> Decisive                             | <input type="checkbox"/> Knowledgeable                  | <input type="checkbox"/> Strong               |
| <input type="checkbox"/> Dedicated                            | <input type="checkbox"/> Learn from mistakes            | <input type="checkbox"/> Stubborn             |
| <input type="checkbox"/> Determined                           | <input type="checkbox"/> Listener                       | <input type="checkbox"/> Supportive           |
| <input type="checkbox"/> Doer                                 | <input type="checkbox"/> Loving                         | <input type="checkbox"/> Teachable            |
| <input type="checkbox"/> Drugs or alcohol are limited/avoided | <input type="checkbox"/> Manage stress/Resilient        | <input type="checkbox"/> Thankful             |
| <input type="checkbox"/> Eager                                | <input type="checkbox"/> Mature                         | <input type="checkbox"/> Thoughtful           |
| <input type="checkbox"/> Easygoing                            | <input type="checkbox"/> Nurturing                      | <input type="checkbox"/> Tough                |
| <input type="checkbox"/> Empathetic                           | <input type="checkbox"/> Open to new things             | <input type="checkbox"/> Trusting             |
| <input type="checkbox"/> Energetic                            | <input type="checkbox"/> Organized                      | <input type="checkbox"/> Trustworthy/reliable |
| <input type="checkbox"/> Enjoy traditions                     | <input type="checkbox"/> Patient                        | <input type="checkbox"/> Understanding        |
| <input type="checkbox"/> Experienced                          | <input type="checkbox"/> Peacemaker                     | <input type="checkbox"/> Unique               |
| <input type="checkbox"/> Faithful                             | <input type="checkbox"/> Perceptive                     | <input type="checkbox"/> Willing to try       |
| <input type="checkbox"/> Family-oriented                      | <input type="checkbox"/> Persevering                    | <input type="checkbox"/> Wise                 |
| <input type="checkbox"/> Fearless                             | <input type="checkbox"/> Persistent                     | <input type="checkbox"/> Other Strengths:     |
| <input type="checkbox"/> Focused                              | <input type="checkbox"/> Planner                        |   |
| <input type="checkbox"/> Forgiving                            | <input type="checkbox"/> Positive                       |   |
| <input type="checkbox"/> Friendly                             |   |   |



## 2

## My Strengths Match-Up

*What my child/I liked best about this activity:*

*Skills this activity can support my child to practice:*

*I used **The 4 Me's™** when:*

### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Encourage Me**, by pointing out their efforts and keeping the interactions going.
2. Write down or invite your child to help you write each of the strengths you hope to pass on to them on the index cards. Write each strength on two cards so you have a match for each one. Then you may, or encourage them to help you, color and decorate the matching cards (on one side or both sides) using the same color. For example, you could use orange for one strength and green for another.

As you color and decorate the cards with your child, you **MIGHT**:

- » Talk to or think about how your growing baby might use these strengths in the future and think of a safe space to keep the cards until they are able to use them,
- » Talk about or have back-and-forth interactions with your infant, while you describe the colors and decorations on the cards,
- » Help your toddler match the strengths and colors, and talk about how each strength can benefit your child and family,
- » Celebrate your child's efforts as you support them to lay the cards face down then flip them over to play a memory game. You might also choose to match colors, count the cards, or sound out first letter of each strength word, or
- » Encourage and support your child to make their own cards to add to the deck. They can scribble, write, or write parts of their strength words on each card.

