

Handout 2.2: Strengths Inventory and Notice Cards

Name: _____ Date: _____ Table: _____

Directions: Today you find out what you do well, from two sources: you, and the three people at your table. Part 1 is your own inventory. Part 2 is what other people noticed. Be honest in both. “Not yet” is not an insult; it is a to-do list.

The three words

Word	What it means	Example
Trait	How you usually are	quiet, outgoing, patient, stubborn
Strength	Something you do well	calms down a crying kid, fixes bikes, remembers everyone's birthday
Interest	Something you want to do more of	drawing, basketball, cooking, taking things apart

A trait can turn into a strength. “Patient” is a trait. “Sits with my little cousin until she gets the math” is a strength.

Word bank in other languages

[Check with a native speaker before printing.]

English	Turkish	Portuguese	Spanish
trait	kişilik özelliği	traço (característica)	rasgo
strength	güçlü yön	ponto forte	fortaleza (punto fuerte)
interest	ilgi alanı	interesse	interés
career	kariyer (meslek)	carreira	carrera (profesión)
evidence	kanıt	evidência (prova)	evidencia (prueba)

Part 1: My strengths inventory

For each strength, check one box. Then go back and star your top three.

Thinking

Strength	Yes, often	Sometimes	Not yet
I figure out how things work			

I remember details other people forget			
I learn new things fast			
I solve problems without being told how			
I can focus on one thing for a long time			
I check my work and catch my own mistakes			

Doing

Strength	Yes, often	Sometimes	Not yet
I build or fix things with my hands			
I am good at a sport or a physical skill			
I keep my things organized			
I can cook or bake something without help			
I make things: art, music, videos, crafts			
I follow directions exactly when it counts			

People

Strength	Yes, often	Sometimes	Not yet
I make people laugh			
I listen without interrupting			
I include people who are left out			
I can explain something so another person gets			

it			
I stay calm when other people panic			
I can get a group to agree and get moving			

Character

Strength	Yes, often	Sometimes	Not yet
I tell the truth even when it costs me			
I keep going when something is hard			
I do what I said I would do			
I try the scary thing			
I wait my turn and do not rush people			
I finish what I start			

My top three, with evidence

Evidence is a time it happened, not a feeling. "I fixed the chain on my brother's bike without a video" is evidence. "I am good at fixing things" is not.

My strength	Evidence: one time it happened
1.	
2.	
3.	

Part 2: What other people noticed

You will get three notice cards from the people at your table. Read them. Then answer.

The card that surprised me most said I am good at:

Was this strength already in my top three? Circle: Yes / No

If no, do I agree with them? Circle: Yes / No / Not sure. One sentence why:



Exit line

A strength I put in my top three: _____

A strength someone else saw in me: _____

Are they the same? Circle: Yes / No

Grade 8 stretch: write a fourth notice card for someone at another table you have worked with in a lab, and deliver it.

Keep this sheet and your three notice cards in your FACS folder. You need them on day 39 for the All About Me one-pager.

The rule: a notice card names something the person **did**, not something they **are**. “You are nice” does not count. “I noticed you are good at explaining because you re-explained the recipe to me on lab day” counts. Sign your name so the person can ask you about it.

[illegible]

Teacher key

There are no right answers on the inventory. Check for two things.

Evidence is an event. A “got it” line has a verb in the past tense and a place or a person in it. Compare:

- Feeling (needs more): “I am a good listener.” “I am creative.”
- Event (got it): “My friend told me about her parents fighting and I did not say anything until she was done.” “I made the poster for the bake sale and people stopped to read it.”

Notice cards name a did, not an is. Read a sample from each table before they are handed over. Send back any card that says only “you are nice,” “you are smart,” or “you are funny” with the question, “What did you see them do?”

Grade 6 inventory (16 strengths). Drop these eight for grade 6: “I check my work and catch my own mistakes,” “I can focus on one thing for a long time,” “I follow directions exactly when it counts,” “I can get a group to agree and get moving,” “I stay calm when other people panic,” “I wait my turn and do not rush people,” “I try the scary thing,” “I finish what I start.” Ask for a top two.

The twelve-statement sort on slide 4 (for the finger vote at the start of Day 1), with answers:

Statement	Answer
I am usually quiet in a new group	Trait
I can take apart a bike and put it back together	Strength
I want to learn to make sushi	Interest
I am stubborn	Trait
I remember everyone’s birthday	Strength
I like drawing on everything	Interest
I am patient	Trait
I calmed my little brother down when he got lost at the mall	Strength
I want to run my own business	Interest
I talk a lot	Trait
I get a group to agree on a plan	Strength
I like taking care of animals	Interest (accept Strength with a reason, if the student has done it well)



Scoring for daily work. Complete: all 24 marked, top three starred with event evidence, Part 2 answered, exit line done. Partial: top three with feeling evidence, or Part 2 blank. Missing: fewer than three strengths chosen.