

Strengths Cards

To recognise and build our strengths

21 Strengths

with their descriptions

Learning Intentions:

- to identify and grow personal strengths
- to recognise and appreciate strengths in others

Kindness

Helping others

Bravery

Facing your fears

Creativity

Using your imagination and being inventive

Strengths Cards



Fairness

Treating people
well and equally

Leadership

Organising and
inspiring others

Teamwork

Working well in a group

Forgiveness

Letting go of negative
feelings

Love

Valuing others in
a warm way

Social intelligence

Being aware of others'
feelings

Strengths Cards



Gratitude

Being thankful for what we have

Hope

Expecting the best and working to achieve it

Humour

Smiling, enjoying laughter, having fun

Authenticity

Speaking your truth and being genuine

Persistence

Finishing what you start

Zest

Approaching life with energy

Strengths Cards



Modesty

Letting your accomplishments speak for themselves

Curiosity

Taking an interest, wondering why, asking questions

Open-mindedness

Being open to ideas

Love of learning

Mastering new skills and knowledge

Perspective

Seeing things from all sides

Cautious

Making careful choices