

Dear Families/Caregivers,

Self-knowledge is understanding one's own interests and strengths.

We have been talking about and exploring our own strengths. Some strengths include:

Words Strong

Words strong people like playing word games, reading, and listening to stories.

Numbers Strong

Number strong people see patterns and relationships and enjoy playing logic games and solving mysteries.

Art Strong

Art strong people like to draw, paint, color, and make things. They like to look at pictures and charts, watch movies, and play computer games.

Body Strong

Body strong people like to be active and move their bodies. They like to make things.

People Strong

People strong people enjoy being with people. They enjoy group projects and activities.

Nature Strong

Nature strong people love animals and learning about nature.

Music Strong

Music strong people love music. Some music strong people sing or play a musical instrument.

Inner Strong

Inner strong people have wonderful imaginations. They often have knowledge, wisdom, and opinions on lots of different topics. They enjoy spending time.

Talk with your child about their strengths and what they enjoy doing. Plan activities that support their strengths. Use your child's strengths to help them explore new. The more your child understands themselves, the better they will develop in all areas of life.

Sincerely,

Your Child's Teacher

