

Directions

1. Carefully read the list of **activities** below.
 2. Circle **5 activities** that you enjoy doing.
 - **Example:** Playing sports, drawing, helping others
 3. Carefully read the list of **skills** below.
 4. Circle **3 skills** you are good at.
 - **Example:** Teamwork, listening, responsibility
 5. Use the activities and skills you circled to answer the reflection questions in complete sentences.
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ACTIVITIES I MAY ENJOY (*Circle 5*)

- Playing sports
 - Drawing or painting
 - Writing stories or journaling
 - Reading books
 - Helping friends or family
 - Taking care of pets
 - Working with younger children
 - Building or fixing things
 - Cooking or baking
 - Using technology
 - Playing video games
 - Organizing or cleaning
 - Listening to music
 - Performing (singing, acting, dancing)
 - Solving puzzles or problems
 - Learning new things
 - Working outside
 - Helping in the community
 - Working in groups
 - Working independently
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SKILLS I AM GOOD AT (*Circle 3*)

- Communication (speaking or writing clearly)
- Listening
- Teamwork
- Leadership

- Responsibility
 - Time management
 - Problem-solving
 - Creativity
 - Organization
 - Following directions
 - Helping others
 - Patience
 - Respect
 - Cooperation
 - Staying focused
 - Learning quickly
 - Working independently
 - Using technology
 - Positive attitude
 - Honesty
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Reflection Questions (Answer in Complete Sentences)

1. What are **three activities** you enjoy the most?
Example: I enjoy playing sports, helping others, and listening to music.
 2. What are **two skills** you are good at?
Example: I am good at teamwork and responsibility.
 3. How can your skills help you in school or a future job?
Example: Responsibility helps me turn in my work on time and be dependable.
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Student Reminder

- There are no right or wrong answers.
- Choose activities and skills that best describe **you**.
- If you do not see an activity or skill that fits you, you may add your own.