

Nurturing Gifts

“Find out what your gift is and nurture it.”

-Katy Perry

At a young age it is very important for children to see that they have strengths and weaknesses. It is also important for them to realize that their weakness can also be a strength. Each child is different and has different gifts, abilities and interests. An activity or conversation that one child might love might be boring or difficult for another child. However, it is essential to a child's self-esteem that we show them that we believe in their strengths and challenge them to use their gifts to better themselves.

It's important to realize that all children have weaknesses (just like us). However, challenging a child to see their weakness as a strength can be beneficial. For example, consider a child that cries every time another child says something mean to anyone else and tattles

on them. Although this could be seen as a weakness, it can also be an opportunity to encourage strength development. A way this can be useful is to have a discussion with the child and explain that they should be empathetic to others' feelings. Instead of repeating to the teacher every negative statement said to another person, they should use that empathy to show kindness to those children, and use an apparent weakness as a strength.

What we say, and how we handle a situation, shapes what a child believes to be true. Children tend to respond very well to adults that treat them equally and talk to them as if they have the ability to understand seemingly complex conversation. When considering a child's gifts, it is crucial to use positive affirmation to develop a healthy relationship with children and aid in the growth of their character.

You can find tips on how to talk to kids about strengths and weaknesses [here](#).

Questions For Conversation



1. What are your strengths? (go to the activity ideas section for ideas on how to dive deep on this topic)
2. What are your weaknesses? How could you view those as a strength?
3. What do you think is beyond the stars? This could be an interesting one depending on the child's age. It inspires curiosity and imagination.
4. If you could visit any place in the world where would you go?
5. What have you done that you are most proud of?
6. Describe the most beautiful place you have ever been to.
7. What are your favorite movies and why are they your favorite?



Activity Ideas to Help Identify Strengths

Complete this strength and struggles [questionnaire](#) and/or this self-awareness [worksheet](#).

Do this hands-on [activity](#) to help your student identify their strengths.

Celebrate your student's successes, big and small, by creating an [accomplishment box](#).

Other Activity Ideas

With Martin Luther King Jr. Day, Black History Month, Valentine's Day and Presidents Day just around the corner, there is a wide range of themed activities for you and your student to engage in.



MLK related activities can be found [here](#).

For Black History Month printables (coloring pages, quizzes, information on important African American figures etc.), click [here](#).

Make Valentine's Day cards, write poems or make Valentine's Day themed arts and crafts. Click [here](#) for ideas.

President's Day Printables (crossword puzzles, mazes, coloring pages, word searches) can be found [here](#).

For winter themed printable, click [here](#).