



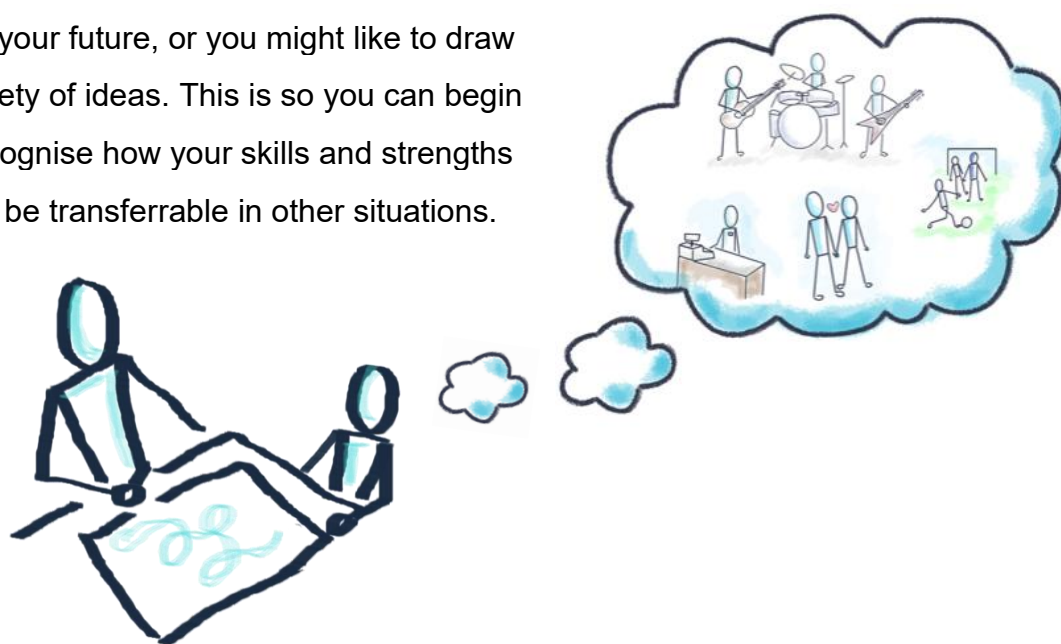
Noticing Gifts and Strengths

Our Skills and Qualities

All of us can do different things and there are lots of different situations where it can be helpful to share with others what we can do. These are sometimes referred to as '*our skills*'. Another thing that is useful to share about ourselves is '*our qualities*' – these encompass our strengths and our values and can be what other people like and admire about us.

How to:

1. Provided below is a template you can use for this activity. However, you can be as creative as you would like and create your own posters/collage/other.
2. You can also see there are some 'I can' (skills) and 'I am' (qualities) statements provided as examples, which can be cut out. These are just to give you a hand to get started; you can write your own ideas, draw them on or maybe create a collage. Sometimes it can be difficult to recognise our own virtues, so it might be a good idea to ask someone else to start with.
3. There is also a section where you can start to generalise your skills and qualities to a wider perspective. Here you can write one thing you would like to do in your future, or you might like to draw a variety of ideas. This is so you can begin to recognise how your skills and strengths could be transferrable in other situations.



*For more information about how we could work with you please contact:
IF@suffolk.gov.uk*





I CAN



I AM

Dreams for the Future

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Belonging Contribution Being Someone Sharing Ordinary Places Choice and Control

'I CAN' statements

Get on well with people	Ask for help	Explain how things work	Follow instructions	Think of ideas
Mend and fix things	Plan how to do things	Work on my own	Work well with others	Think quickly
Design and make things	Complete tasks on time	Present to people	Solve problems	Help others
Make decisions	Give directions	Lead a group	Write clearly	Organise other people

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Belonging Contribution Being Someone Sharing Ordinary Places Choice and Control

'I AM' Statements

Funny	Helpful	Calm	Strong	Creative
Outgoing	A team player	Caring	Organised	Hardworking
Polite	Curious	Patient	Honest	Dependable
Motivated	A good listener	Confident	Enthusiastic	Adaptable

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