

Types of Strengths in Kids



General Strengths

- Is able to work or play independently
- Is interested in doing well
- Understands and sets goals
- Wants to/is eager to learn new things
- Asks for help when needed
- Works well/gets along well in groups
- Works well/gets along well one-on-one
- Is able to organize items and thoughts
- Admits disappointments/mistakes and is able to move on
- Has passions and hobbies
- Can plan ahead
- Makes good choices
- Is curious and creative
- Problem-solves well



Social Strengths

- Shares, takes turns and negotiates
- Seeks out social interactions
- Asks for help and comfort when needed
- Is comforting and offers help when needed
- Accepts personal responsibility for actions (good and bad)
- Has a good sense of humor
- Doesn't follow the crowd (resists peer pressure)
- Follows rules and routines well
- Accepts redirection well
- Is able to make friends and keep them
- Is truthful and honest
- Has positive relationships with adults
- Shows empathy and sensitivity to others
- Likes to help others
- Reacts appropriately when frustrated (such as not hitting)

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Language Strengths

- Is able to express needs, wants and ideas verbally
- Uses inflection and expression when speaking
- Understands jokes, puns and riddles
- Can talk about events in the correct and logical order
- Understands the give-and-take of conversation
- Uses grammar appropriate to his age
- Has and uses a growing vocabulary
- Is interested in listening to stories, music and other activities
- Participates in discussions at home, at school and with friends
- Answers who, what, when, where questions in conversation (or about a story)



Literacy Strengths

- Enjoys reading
- Can match letters to sounds and sounds to letters
- Is able to sound out unfamiliar words
- Recognizes sight words
- Can follow written directions
- Recalls and retells stories and facts after reading
- Can make predictions based on what's happened so far in the story
- Can pause when reading and return to that sentence after being interrupted
- Reads accurately and with expression
- Figures out what new words mean by looking at the context or asking questions
- Has creative and imaginative ideas; likes to tell stories
- Makes connections between reading material and personal experiences



Math Strengths

- Sees and understands patterns in nature and in numbers
- Remembers math facts and can perform mental math
- Thinks logically
- Understands math concepts and can apply them to the real world
- Uses and understands math vocabulary