

Strengths and Values Inventory

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

- 1 Identify personal strengths across academic, social, creative, physical and emotional areas
- 2 Define the core values of honesty, respect, growth, compassion and courage
- 3 Match each core value to a real-life action that shows it
- 4 Map a top strength to a goal that uses that strength

MINI LESSON

Knowing yourself is the first job of self-awareness. A strength is something you do well or learn easily. A value is what matters most to you — what guides the kind of person you want to be. When you know your strengths and your values, you can set goals that fit who you really are, not just goals other people pick for you.

Five Kinds of Strength

Strengths show up in many parts of your life. People often think only of school grades, but strengths come in five common families. You probably have at least one in each family — even if some are still growing.

- Academic — reading, math, problem solving, memory, curiosity.
- Social — listening, teamwork, kindness, leading a group, making peace.
- Creative — art, music, storytelling, design, finding new ideas.
- Physical — sports, coordination, balance, stamina, careful hands.
- Emotional — patience, empathy, calm under pressure, courage, honesty.

Core Values Most Schools and Families Share

A value is a deep belief about how to act. Different families and cultures word them differently, but five values show up almost everywhere — and they fit a Grade 6 life perfectly.

- Honesty — tell the truth even when it is hard.
- Respect — treat every person with dignity, including yourself.
- Growth — keep learning, keep improving, do not give up after a mistake.
- Compassion — notice how others feel and care about their wellbeing.
- Courage — do what is right even when you feel scared or unsure.

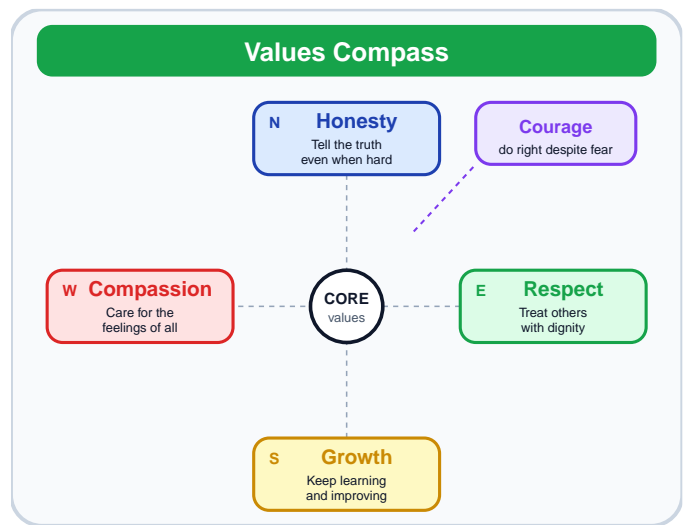
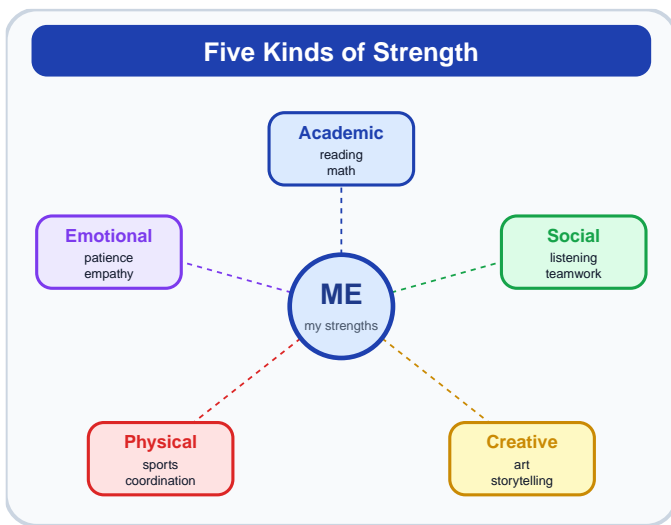
How a Strengths-and-Values Inventory Works

1. List two or three strengths in each of the five families. Be honest, not boastful.
2. Circle the top strength — the one you would use first to help yourself or someone else.
3. List your core values from most to least important to you right now.
4. Pick one value that feels closest to your top strength.
5. Write one goal that pairs your top strength with that value.

! Tip: a strength is something you DO well. A value is something you BELIEVE matters. The best goals connect both — they use a strength of yours to live out a value you care about.

VOCABULARY

- strength** Something you do well or learn easily.
- value** A deep belief about what matters and how to act.
- inventory** A careful list you take of what you have or what you can do.
- self-awareness** Knowing your own strengths, values, feelings and goals.
- growth mind-set** Believing you can improve a skill with practice and effort.



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GUIDED PRACTICE — WRITE YOUR RESPONSE

Read the prompt and use at least 5 of the vocabulary words below. Write at least 35 words.

Prompt

Write 3-4 sentences explaining what you have learned. Use at least 5 of the vocabulary words below.

VOCABULARY — USE AT LEAST 5

strength · value · inventory · honesty · respect · growth · compassion · courage

Write at least 35 words.

EXERCISES — FILL IN THE BLANKS

Strengths and Values Inventory — fill in each section in clear sentences.

1. Academic strengths: _____
2. Social strengths: _____
3. Creative strengths: _____
4. Physical strengths: _____
5. Emotional strengths: _____
6. My top strength right now: _____
7. My top three values, in order: _____
8. Goal pairing my top strength with my top value: _____

EXERCISES — MATCH THE PAIRS

Match each value (or term) to its definition.

1. Honesty

2. Respect

3. Growth

A. Care about how others feel

B. Do what is right even when you feel scared

C. A careful list of what you can do or have

4. Compassion

D. Tell the truth even when it is hard

5. Courage

E. Treat every person with dignity

6. Inventory

F. Keep learning and improving after mistakes

Write the matching letter next to each number (e.g. 1-B, 2-A, 3-C...).

1 — ____ 2 — ____ 3 — ____ 4 — ____ 5 — ____ 6 — ____

“Flip the page upside down to see the answer key “

1-D 2-E 3-F 4-A 5-B 6-C

PRACTICE — DICTATION / TYPING

Without looking, list the five families of strengths and the five core values, then explain in your own words how a strength differs from a value.

Name the five families of strengths, the five core values, and explain the difference between a strength and a value.

Strengths: academic, social, creative, physical, emotional. Values: honesty, respect, growth, compassion, courage. A strength is what you DO well. A value is what you BELIEVE matters.

“Flip the page upside down to see the answer key “

academic / social / creative / physical / emotional / honesty / respect / growth / compassion / courage / strength / value

EXERCISES — WRITE YOUR ANSWER

Take an inventory of your strengths in each family, pick a top strength, list your top values, and write a goal that connects them.

Title

Academic strengths (1-2)

Social strengths (1-2)

Creative strengths (1-2)

Physical strengths (1-2)

Emotional strengths (1-2)

My top strength right now

Top three values, in order

Goal that pairs my top strength with my top value

EXERCISES — MULTIPLE CHOICE

Circle the best answer.

1. A strength is **BEST** defined as...

- Anything you say you are good at, even if you have never tried it
- Something you do well or learn easily
- A subject other people tell you to like

2. A value is **BEST** defined as...

- A skill you practise once and forget
- A deep belief about what matters and how to act
- A grade you receive on a test

3. Which of these is an **EMOTIONAL** strength?

- Quick mental math
- Patience when things get hard
- Long-distance running

4. A classmate finds a wallet with money inside. Which value would lead them to return it?

- Speed
- Honesty
- Curiosity

5. Which of these is a **CREATIVE** strength?

- Telling the truth
- Designing a poster from scratch
- Helping a friend feel calm

6. Why is it useful to take a strengths-and-values inventory?

- So you can copy what your friends say about themselves
- So you can set goals that fit who you really are
- So you can prove you are better than other people

7. Which pairing of STRENGTH and VALUE makes a strong personal goal?

- Strength: drawing. Value: compassion. Goal: draw thank-you cards for the school cleaners.
- Strength: drawing. Value: compassion. Goal: never draw again because nobody else cares.
- Strength: drawing. Value: compassion. Goal: post my drawings to compete with my classmates.

8. Courage is the value of...

- Doing what is right even when you feel scared
- Never being afraid of anything
- Acting tough so other people will like you

"Flip the page upside down to see the answer key"

1. b 2. b 3. b 4. b 5. b 6. b 7. a 8. a

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Can list at least one strength in each of the five families
- Can name and define five core values: honesty, respect, growth, compassion, courage
- Can match each value to a real-life action that shows it
- Can identify a top personal strength and explain why
- Can write a goal that pairs a top strength with a top value