



# Self-Awareness

## Uncovering Your Talents

### Pre-Teaching/ Guiding Language:

Sometimes it is hard for us to recognize what we are good at because we are so conditioned to our own skill set. Have you ever had a friend compliment you on something you thought everyone could do? How did that make you feel? When you start to recognize your talents and abilities, it can lead to a happier more fulfilled life.

The key is identifying what makes us happy and understanding ways that we can incorporate our skills and talents into our everyday lives. Mapping out our different skills, talents, and qualities allows us to highlight our potential and match our qualities with possible future goals!

For example:

- Skill: Great basketball player
- Talent: Very good coordination skills and fast runner
- Quality: Team player, good communicator
- Options for the Future: Basketball coach, personal trainer, PE teacher

### Key Takeaways:

- Students will recognize their different and unique talents.
- Students will identify ways to help them become more aware of their skills and abilities.
- Students will identify how their skills, talents, and qualities can help them be successful in reaching future goals.

### Duration + Materials:

- 25 minutes
- Blackboard or whiteboard
- Skill, Talent, Quality and Future Worksheet

### Key Vocabulary:

- **Skill-** The ability to do something well.
- **Talent-** A natural aptitude or skill.
- **Quality-** A distinctive attribute or characteristic possessed by someone or something.



## Activity:

1. Using the guided language introduce the idea of identifying our skills and talents.
2. Walk students through the Skill, Talent, Quality, and Future example.
  - a. Utilize the worksheet attached to help guide the conversation and allow students to take home a tangible list of their talents.
3. Pair students up and allow them to assist each other in identifying their skills and practice mapping out the Skill, Talent, Quality and Future exercise.
4. Debrief with students using the discussion questions.

## Discussion Questions:

1. Did you find it easy to identify your talents or did you need help?
2. Did any of your qualities surprise you?
3. Did you find it easy to identify your skill set?
4. Were you excited by any of your possible future options?
5. Were you surprised by any of the qualities, skills or talents that your partner identified about you?

## Supplemental Materials:

- Skill, Talent, Quality and Future Worksheet

## Reinforcement Activities:

1. Provide students with school or community-based opportunities where they can showcase and utilize their talents, skills, and qualities.



## Skill, Talent, Quality and Future Worksheet

My Best Skills	My Good Skills	Skills I'm Still Learning	Skills I Need to Develop	Skills I Don't Have

My Best Qualities	My Good Qualities	Qualities I Have Sometimes	Qualities I Need to Develop	Qualities I Don't Have

Once this table is filled out look at your skills and qualities and work to identify your talents.

How can you use your talents to fuel your future goals?