



## TYPES OF STRENGTHS IN YOUNG CHILDREN

Personal strengths include inner qualities that are developed at a very early age. Caregivers can help children strengthen these qualities so that they can go on to develop important skills and competencies in areas that interest the child. Recognizing these strengths is an important first step for caregivers to take. Below is a list of different strengths to look for in young children:

### CHARACTER STRENGTHS:

- Helpful
- Thoughtful
- Kind
- Independent
- Cooperative
- Curious
- Truthful
- Hardworking
- Brave

### SOCIAL STRENGTHS:

- Enjoys group activities
- Shares & takes turns
- Good listener & follows rules
- Likes to make friends
- Asks for help when needed
- Can express emotions
- Good sense of humor
- Is good with animals/pets
- Is gentle with babies

### CREATIVITY & ARTISTIC STRENGTHS:

- Creativity
- Likes drawing and doodling
- Can dance or sing
- Active imagination
- Tells stories

### LITERACY STRENGTHS:

- Vivid imagination
- Interest in books
- Enjoys being read to
- Good memory
- Enjoys rhymes

### LOGICAL-MATH STRENGTHS:

- Solves puzzles
- Can count
- Logically sorts objects
- Assembles or disassembles things

### MOTOR SKILLS STRENGTHS:

- Physical strength and balance
- Running, kicking and jumping
- Riding tricycles
- Good hand-eye coordination (puzzles)

### LANGUAGE/COMMUNICATION STRENGTHS:

- Uses a lot of words
- Uses words to express needs
- Likes learning words in songs
- Likes listening to stories
- Good listener



[www.FSUSTRESS.org](http://www.FSUSTRESS.org)