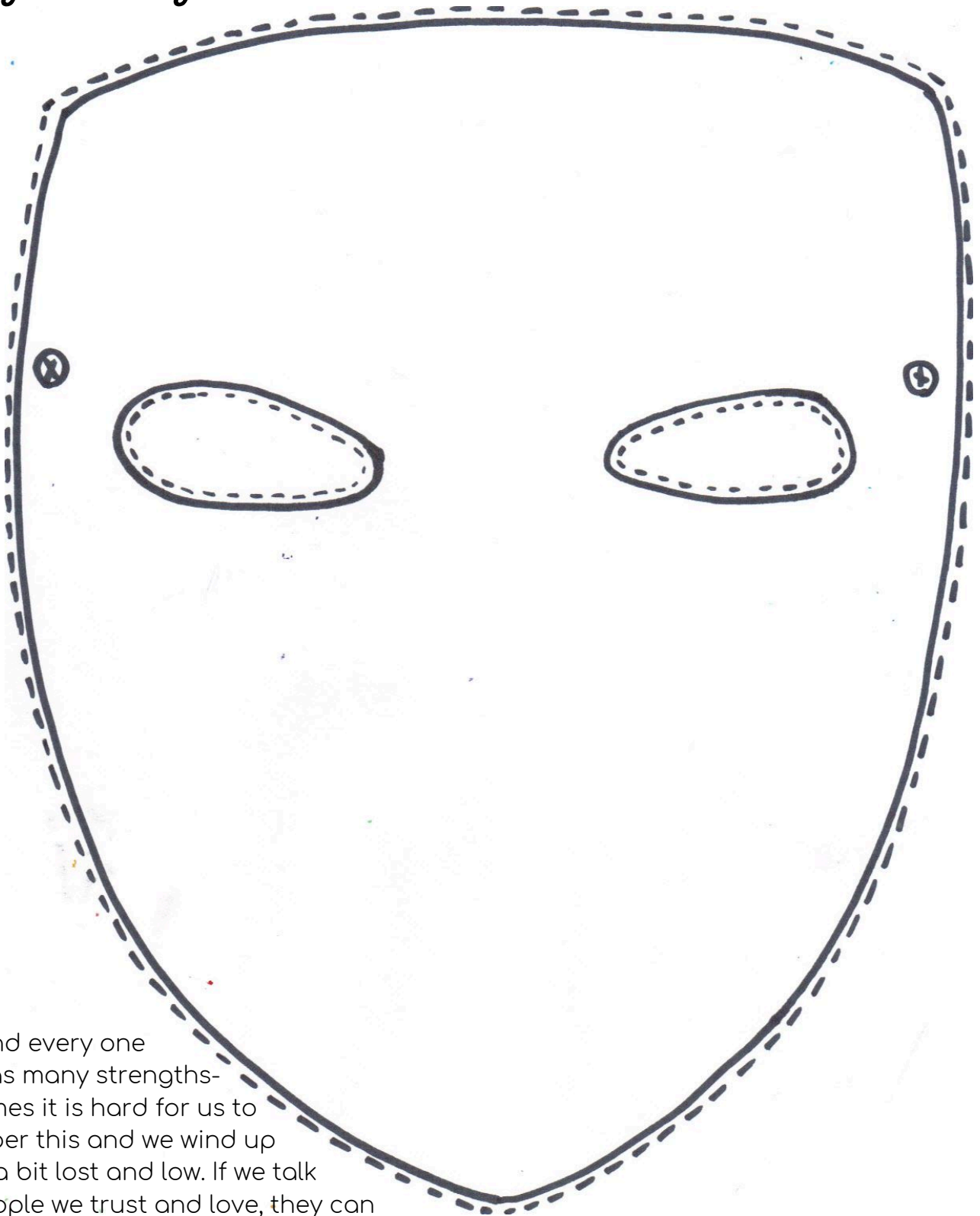


My Strengths Mask



Each and every one of us has many strengths- sometimes it is hard for us to remember this and we wind up feeling a bit lost and low. If we talk with people we trust and love, they can help us see the strengths that are hidden from us.

Instructions:

1. Use this template to cut a mask shape from some cardboard
2. Talk to people you trust and who love you- get them to tell you your strengths and the things they admire about you
3. Use pictures and words from magazines, and drawings or objects you find to represent all these great things about you
4. Use and display your mask somewhere special so you can wear it or see it. whenever you need help remembering how wonderful you are!