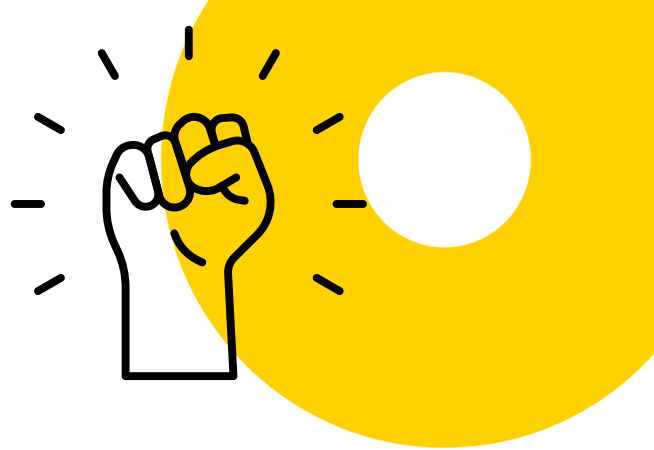


YEAR 6: STRENGTHS AND VALUES



"Your values create your internal compass that can navigate how you make decisions in your life." - Roy T. Bennett

WORKSHOP DESCRIPTION

The Strengths and Values workshop, the second in the Grade 6 series, explores the difference between strengths and values, helping students discover their own. This session fosters a stronger sense of identity by encouraging students to reflect on personal strengths and values, celebrate their peers, and navigate differences.

WORKSHOP OUTCOMES

By the end of the workshop, each participant will:

- Identify the difference between strengths and values.
- Understand their personal strengths.
- Connect with peers by highlighting their individual strengths.
- Recognise areas for improvement in their strengths and develop steps to grow.
- Navigate differences in values and collaborate effectively.

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** Join in the activities to model curiosity and teamwork. Your participation encourages students to engage fully.
- **Celebrate strengths:** Recognise and highlight students' unique strengths during activities, reinforcing confidence and individuality.
- **Model self-awareness:** Share examples of your own strengths and values to inspire reflection.
- **Encourage growth:** Support students during activities like "Wishing Star," helping them set simple, actionable steps to improve their strengths.
- **Foster inclusivity:** Guide discussions about differences in values, emphasizing respect and collaboration.