

# Gifts & Strengths Box

In this creative, self-esteem-boosting exercise, they'll focus on their strong points, while crafting a "gift" box that reflects all their great characteristics.

## What's Inside?

- A full lesson including instructions, materials list, and template from Positive Psychology.

Sources

<https://positivepsychology.com/>



# My Gifts - Traits and Talents

## You're Full of Great Things!

*My Gifts* encourages kids to appreciate their good qualities, such as talents and strengths.

In this creative, self-esteem-boosting exercise, they'll focus on their strong points, while crafting a "gift" box that reflects all their great characteristics.

## Materials Required

For this exercise, you'll need:

- Gift box template (see *Step 4*)
- Scissors
- Glue
- Markers
- Craft items to decorate with (such as stickers, sequins, glitter, etc.)
- Small pieces of paper with different gifts written on them

[Note: Prepare the small pieces of paper in advance. The examples provided in *Step 2* may be helpful.]

## Instructions

1. Take a few moments to explain the exercise.

Introduce your student or child to the idea that our 'insides' are full of good things - our traits, talents, and characteristics make us who we are, rather like a box of gifts!

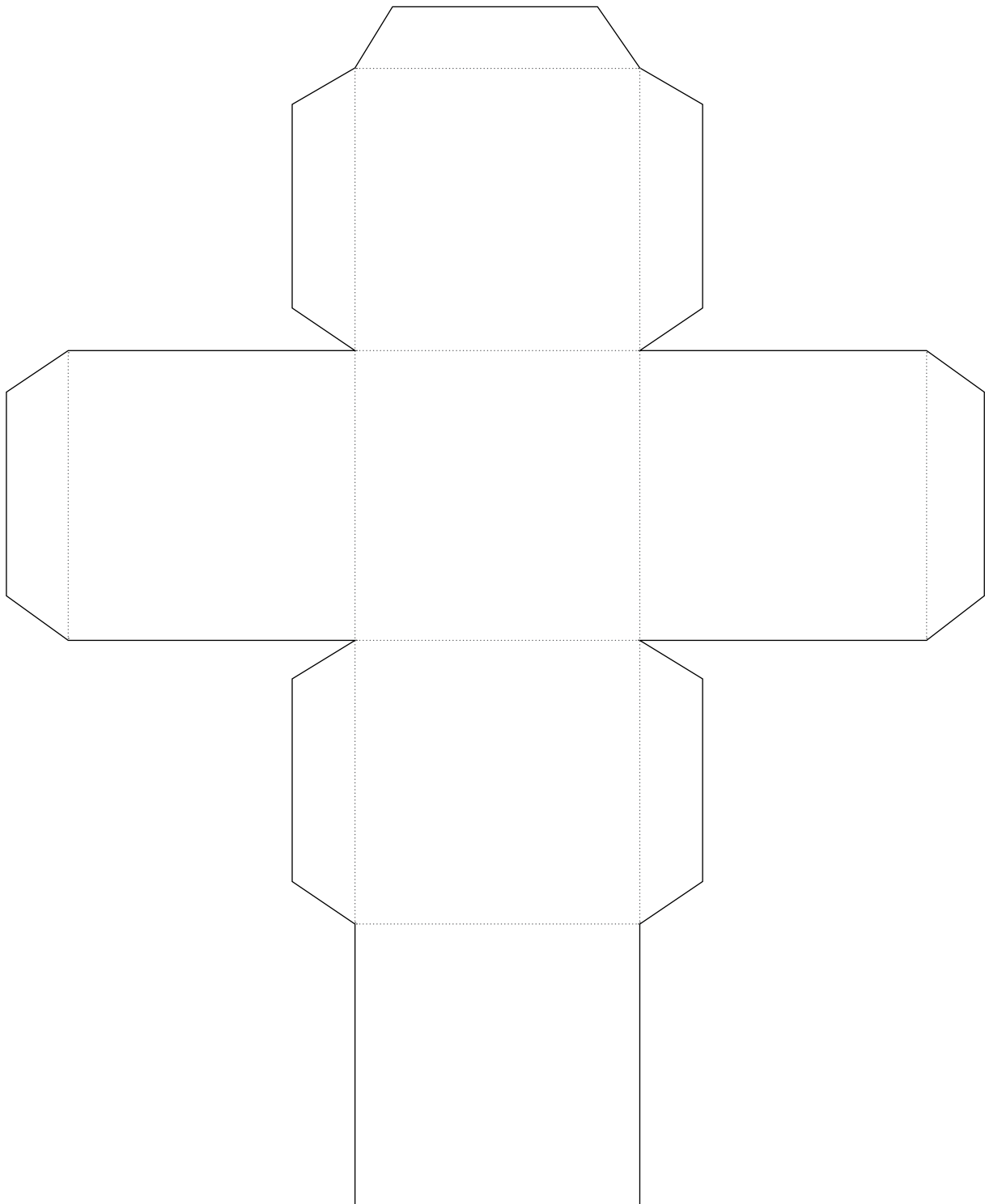
2. Use the pieces of paper you've prepared to help your child or student brainstorm and circle their unique gifts, traits and talents.

If they feel their great qualities aren't on the list or papers, invite them to write them down!

Some examples to get you started include:

- |               |             |               |
|---------------|-------------|---------------|
| ○ Modest      | ○ Bubbly    | ○ Inventive   |
| ○ Considerate | ○ Kind      | ○ Curious     |
| ○ Patient     | ○ Brave     | ○ Positive    |
| ○ Creative    | ○ Loyal     | ○ Grateful    |
| ○ Calm        | ○ Honest    | ○ Hardworking |
| ○ Gentle      | ○ Reliable  | ○ Proactive   |
| ○ Helpful     | ○ Sensitive | ○ Hopeful     |

3. Talking through different gifts together, see if the child or children can give some examples of when they've shown these gifts in the past. Alternatively, brainstorm some little ways that they show them each day.
4. Using the template below, ask the student or children to cut out and adorn their gift box so it's "their own". They may want to write their name on it, use their favorite color markers, or get creative with stickers and sequins.



5. Lastly, invite the children to fill their gift boxes with the pieces of paper they've chosen.  
Explain that they can open the box to see all their unique gifts whenever they want to be reminded of all their great qualities!