**Recognizing Strengths- Week 7 SEL Lesson**

**Recognizing Strengths** is the ability to identify tasks that a person can do well in.

**Monday Lessons-** Recognizing what Strengths are.

[SEL Lesson Plan Week 7 Recognizing Strengths.docx](https://hallco.instructure.com/courses/46018/files/3040855/download?wrap=1)

**Tuesday-** Recognizing what Weaknesses are.

For High School: [Link  (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=TrVmz4Jyngo)

For Middle School :[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=gnkX2nxfwTc" \o "Link" \t "_blank)

**Wednesday-**How strengths can help you in school or work

For High School: [understanding-yourself-worksheet.pdf](https://hallco.instructure.com/courses/46018/files/3044201/download?wrap=1)

For Middle School: [my-strengths-and-qualities.pdf](https://hallco.instructure.com/courses/46018/files/3044206/download?wrap=1)

**Thursday-** Pair share on how their strengths can help them in life

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=s_30jf4Zmlc&disable_polymer=truelife.https://www.youtube.com/watch?v=s_30jf4Zmlc&disable_polymer=true)

**Friday-** Role play utilizing students strengths

[area\_a\_personal\_management\_-\_strengths\_and\_abilities\_0.pdf](https://hallco.instructure.com/courses/46018/files/3044240/download?wrap=1)