Background

If the lesson is used in the classroom: The goal of this lesson was to help students learn about their strengths and how to apply those strengths to new learning situations.

The teacher led students in a discussion about their personal identity using a dice game. Students used their dice game activity to write six statements about their individual identities.

Getting Ready for the Conversation
Learning about oneself is important to understanding strengths and opportunities for learning new things. Helping students identify and understand their strengths helps children become better regulated and hopeful.

Conversation Starters and Practice at Home Activities
Have your child share their statements from the dice game about their identities. Ask your child to explain each of the statements they wrote and discuss how they can apply these characteristics to other things that are important for your family and community.