My Everyday Strengths Stars

Notice skills and interests without turning feelings into a performance.

WHY THIS ACTIVITY EXISTS

This two-page kit helps with everyday communication or practical preparation. It is not an assessment or a clinical exercise. If your child is not interested, skip it.

HOW TO USE IT TOGETHER

Praise the process and effort rather than ranking the child or demanding positivity.

THREE SMALL STEPS

1. Draw something you enjoy learning or doing. 2. Choose one small step you took recently.
3. Add a star for someone who helps you learn.

WORDS TO TRY

Say something like: “One thing I like about learning is...” Let your child change the words, point, draw, or decline.

WHEN TO STOP

Avoid forced gratitude, praise, or reassurance when a child is upset.

MAKE IT ACCESSIBLE

Read aloud, write for your child, use pointing, or do just one part. This is a conversation invitation, not homework.

My Everyday Strengths Stars

This page is yours. You can change it, skip it, or make it your own.

1 Draw something you enjoy learning or doing.

2 Choose one small step you took recently.

3 Add a star for someone who helps you learn.

MY DRAWING OR NOTES

You may want to choose:

[ ] I kept trying

[ ] I asked a question

[ ] I helped someone

[ ] I made something