

### Resources:

- Pens/pencils for writing or scribing
- Larger-scale daisy for an optional kinaesthetic version of the activity

### Develops:

- Self-understanding
- Confidence
- Initiative

## Strengths Daisy

It's not unusual for dyslexic people to be hyper-aware of their difficulties and less aware of their strengths. This can be the case if learning and working environments have been unsupportive, or if dyslexia has been identified late.

Building awareness of strengths can support a dyslexic person to build a more realistic picture of their abilities, which can help develop self-confidence.

Worries about lack of attainment can be addressed by showing the learner how qualifications and training are just one petal on the flower. Strengths across other areas of life are as important for career success.

This worksheet can be used as a mind-map for writing and drawing on. A more interactive activity might be creating a scaled up version on the floor or wall, where the learner can engage with the concept more kinaesthetically.

Support learners to reflect on each petal's meaning and to brainstorm strengths they have developed there. Consider also any networks that provide support, opportunities or encouragement as an aspect of strengths.



## Holistic strengths: drawing on experiences from formal and informal life and learning experiences

Career strengths come from all different areas of our lives. Brainstorm your strengths using the petals of the daisy for ideas.



### Ways to get more ideas:

- Ask friends, family or adults you get along with
- Try career strength quizzes