Colorful Lattice Heart Patch Activities

Empathy, Perspective, Self Reflection and Conversation Starters

Coral Patches
STRENGTHS AND WEAKNESSES

You are unique! List or draw five of your biggest strengths. Think about what you are good at, what you could teach someone, or what a friend might say about you.

Do you think you could turn a weakness into a strength over time? Name a weakness you or someone else could turn into a strength.

Name a skill that is a big challenge for you. What can you do to help you with those challenges?

Name a mistake you have learned from. What can you tell others about not making the same mistake?

Our strengths are great tools to help us achieve our goals and dreams. What are some ways you can use your strengths to achieve your dreams of the future?
Finding Common Ground

When starting new conversations, a great tool to start with is to find a common ground. Choose a topic below, and a friend to "debate" with, and see if you can agree on something related to the topic. Not everyone agrees on everything and that is okay. Maybe you and your friend can at least agree ice cream is good, or maybe a certain flavor is good, even if it's not your favorite.

Partner: _________________
Topic: _________________

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Topic: _________________

1. What is the best sport to watch?
2. What is the best ice cream flavor?
3. If you could be any animal, what would you pick and why?
4. What is your favorite subject in school?
5. What is the best restaurant to eat dinner at?
6. What are the three grossest foods?
CONVERSATION STARTERS

Write how you would start a conversation with someone you don’t know. Imagine a girl sitting alone at a birthday party you are at, or someone at lunch who looks a little lost. Practice starting new conversations by writing what you would say first.
Self Portrait Activity

It's time to show everyone how unique you are! Use magazines cut-outs and color your favorite things. Decorate the portrait to show all sorts of things about you!