

STRENGTH-BASED COLLECTIVE BRIEF



FEBRUARY
2023

WHY SHOULD ALL CHILDREN KNOW THEIR STRENGTHS?

It's important for children to know their strengths, and here's why:

When children are aware of their strengths, they feel better about themselves and have more confidence in what they can do. This can lead to **increased motivation and engagement** in learning and other activities. Knowing their strengths can also help children set and achieve goals, which is important as they learn about themselves and form their identity.

Additionally, a strength-based approach to education, where children are taught in a way that recognizes and builds upon their strengths, has been shown to **improve academic performance** and overall well-being. This means that children who know their strengths are more likely to be engaged in their learning and do well in school.

Knowing their strengths can also help children navigate their social and emotional lives. Children who have a sense of their strengths are more likely to have **positive interactions with their peers**, develop healthy relationships, and have better mental health outcomes.

In short, it's important for children to know their strengths because it can help them feel better about themselves, achieve their goals, do well in school, and have positive relationships and mental health. Parents and educators can play a big role in helping children discover and develop their strengths.

REFERENCES

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