

A large, faint, light blue owl logo is centered in the background. The owl has large, round eyes and a simple beak. It is surrounded by several concentric circles of the same color. The entire background is a dark blue gradient with some geometric shapes in the corners.

# Pitlochry Primary School Online Programme

**Life Skills – Personal and Social Well Being  
(PSW)**

# Lesson 5

## Topic: Revision from Term 1

Grade: 4

Presented By:

**Ms Haffejee**

*Pitlochry Primary School Educator*

# Personal strengths

**What is a strength?** It is something that you are good at.

**We are all special and good at something.** It doesn't mean if you are not good at sport, there is something wrong with you, you are maybe good at Maths or reading or even helping others. We all have our own talents and we must not compare ourselves to others, we must be thankful for our talents and make sure we use them. These talents of ours are called our strength. Some people have many talents/strengths and others may only have one special talent/strength.

Sometimes we do not even realise what our talent/strengths are, but it is our responsibility to find out what it is and to build on it.

- ***Look at the following list of strengths.***
- ***Say if you are good at it or not.***

***Do you have any other strengths that are not listed here?***

*patient, running, netball, drawing,  
caring, reading, maths, helping others,  
skipping, singing, good listener, good  
friend*

## What is a weakness?

A weakness is not only something that you are **not good at, but it can also be something that you do or say that is a bit negative**, like maybe you have a bad habit of lying when you get into trouble. It can also be something you do not do or say. Some of these weaknesses we can overcome by using our strengths, like you are maybe very shy, but you are a good listener and a good friend.

- ***Be very honest and talk about one or two of your weaknesses and see if you can find a strength you have that will help you to overcome it.***

**Sometimes we are good at things without having to work hard at them. Other things we need to work hard at and practice so we can do well at them.**

- ***Do you try hard to get better at things, or are you a person who gives up easily?***
- ***Why do you think we must keep on trying to do something, even if we are not the best at it?***

It is always good to work on your strengths, but we must also work on our weaknesses and always try to better ourselves.

You do not need to be in competition with others, but if you try and better your own weaknesses, you will become a better human. If you perhaps have a short temper and are mean to people, you can practice being kind and that way you can turn your weakness into a strength.

Nobody is perfect, but that does not mean we cannot try to be better at the things we do or how we treat others.

## How can you use who you are to become a better you?

Each person is good at some things and not yet good in other things. We can use the strengths we already have to **practice** what we are not yet good at. Practicing helps us to **improve**.

## Identify, explore and appreciate strengths of others

When we work together in a group, we can help each other with what we are good at.

You may be able to write neatly while other children are good at spelling or drawing. If you all use your strengths, you will be able to design an excellent project.

## Your Best

If you always try your best  
Then you'll never have to wonder  
About what you could have done  
If you'd summoned all your thunder.

And if your best  
Was not as good  
As you hoped it would be,  
You still could say,  
“I gave today all that I had in me.”

Always strive to be the best  
that you can be!

*Be happy with who you are!  
You are awesome!*



**Thank you!**  
**Happy studying**  
**See you soon**

<https://www.pitlochryps.co.za/>