

My Strengths Bookmark

“I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.” —Anna Freud



Description: Take time to uncover your inner strengths and use your creativity to make a bookmark to remind you of them.

Time to Complete: 15-30 minutes

Supplies Level: Light

Tags: K-2nd, 3rd – 5th, Self-Awareness, Curiosity, Developing Character

Step 1: Take time to think about and identify your strengths using the page below.

Step 2: Gather your supplies for the bookmarks –

- Bookmark templates (2-inch x 6-inch) - cardstock & hole punch or purchase pre-made on Amazon
- Decorative paper (scrapbook paper, wrapping paper, magazine clippings, or create your own)
- Yarn (4 6-inch pieces per bookmark)
- Glue stick
- Scissors
- White paper
- Optional: stickers or shaped paper punches

Step 3: Use your decorative paper, glue, and scissors to make a base layer on the bookmark. You can add additional smaller rectangles, stickers, or other shapes and decorations to the base layer. Be creative and do what feels like YOU!

Step 4: Type or write your strengths onto small pieces of white paper and glue them to your bookmark.

Step 5: Tie your pieces of yarn onto your bookmark. Trim the ends to make them even if you wish. Have fun using your bookmark! Maybe you can help a younger sibling make one?

We'd love to know what you thought of this project!

Submit an online review on this project's Inside Out Club @Home page and
Send a picture to info@insideoutclub.org if we can share it on social media/in newsletters



Find Your Inner Strengths

Take 60 seconds and circle or underline all of the words on the image below that you feel are your strengths. Listen to your gut in this exercise! Afterwards, take your top 4 to 6 strengths and use them for your bookmark. Feel free to print the image below a second time and cut out your top strengths to glue onto your bookmark. Have fun and be creative!

