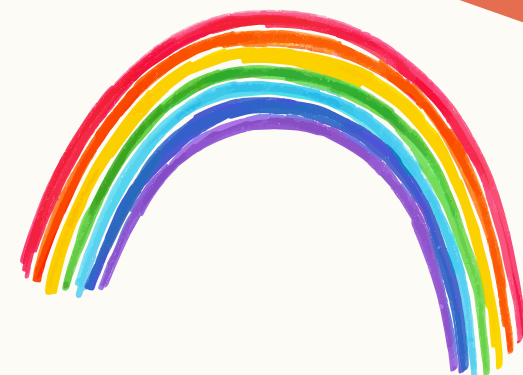
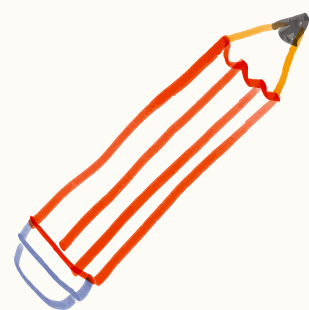


oud of how  
lp others



I try my best  
in math



I am a great friend



## Power Up Cards

This engaging activity helps students **recognize and celebrate their unique strengths**, fostering self-esteem and a positive mindset through self-reflection and positive reinforcement.

### How does it work:

Teachers distribute a blank Power Up Card to each student, encouraging them to write or draw their personal strengths, positive traits, or something they're proud of. This could be anything from **"I am a great friend"** to **"I try my best in math"** or **"I'm proud of how I help others."**

By reflecting on their unique abilities and accomplishments, students develop self-awareness, resilience, and confidence. This activity also creates an uplifting classroom environment, reinforcing that everyone has something special to offer.

To extend the activity, teachers can invite students to share their cards with the class, display them on a "Power Up Wall," or revisit them whenever they need a confidence boost.

### What you need:

- A printer and paper
- Crayons, markers or colored pencils

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