



Create your own strengths paper chain

1. Print this
2. Cut on the dotted lines to make lots of rectangles
3. Choose the ones that are true for you
4. Write in your own special strengths too
5. You can decorate or colour your rectangles
6. Take one rectangle and tape the ends together to make a circle
7. Take another rectangle and put one end through the circle
8. Tape the two ends together to make a second circle
9. Keep doing that until your chain is done

Inspired with thanks by a similar project at www.understood.org



From the Me and My FASD toolkit: www.fasd.me

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I AM LOVING

I am kind

I try hard

I am friendly

I CARE

I'm a good kid

I am brave

I am good at

I am good at

I am good at

I like to

I like to

I AM STRONG

I AM CREATIVE

I AM FUN

I like to laugh

I like to draw or paint

I like to sing

I LIKE TO DANCE

I like to explore

I can learn calming strategies

I love my pet

I AM GROWING

I AM LEARNING

I am

I am

I can

I can

I TRY MY BEST

I am happy

I can tell people when I am not happy

People who help me are:

People who help me are:

People who help me are:

I AM LEARNING ABOUT FASD



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