

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

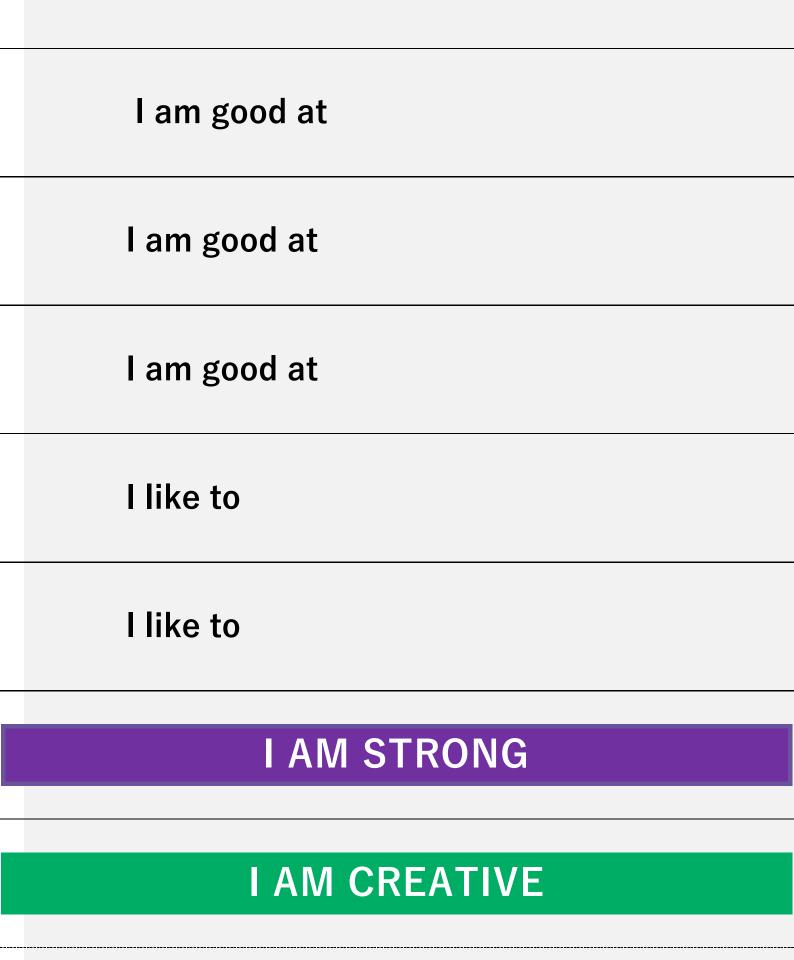
Inspired with thanks by a similar project at www.understood.org



From the Me and My FASD toolkit: <u>www.fasd.me</u> © 2020 National Organisation for FASD









### I AM FUN

I like to laugh

### I like to draw or paint

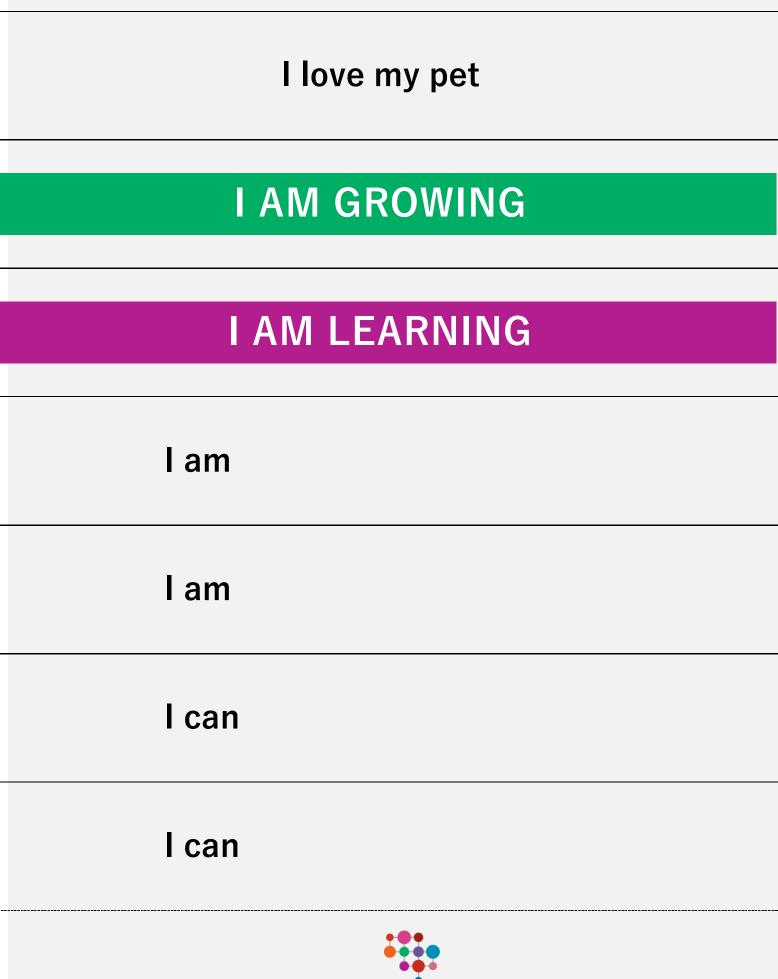
I like to sing

# I LIKE TO DANCE

#### I like to explore

#### I can learn calming strategies







## I 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

















