

My Rainbow of Strengths

Look back at the story and notice that Cora has many strengths - even when she cannot use her voice in school. Create your own rainbow showing your strengths, interests and qualities. Colour it in, cut it out and keep it somewhere special.
This could also be used alongside the My Ideal School Card Deck.
The 'Me' cards could support thinking about the child's gifts and strengths.



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Cut out the strengths that feel like yours and stick them on your rainbow

Brave	Creative	Kind
Calm	Quiet	Caring
Hard Working	Reading	Maths
Writing	Energetic	Sporty
Dancing	Fun	Funny
Clever	Happy	Listening
Following Rules	Practical	Solving Problems
Friendly	Drawing	Arty
Sensible	Knowledgeable	Good Memory