



Discovering Your Unique Talents

Upper Elementary Lesson Plan

Talents:

Talents include things you are naturally really good at, as well as new skills you learn. Talents can be different for everyone, and they can grow stronger the more you practice them. You can also discover new abilities that can help you make a bigger difference in the world around you!

Objective:

Students will identify their unique talents and strengths through guided activities and discussions, fostering self-awareness and confidence.

Materials:

Blank sheets of paper, markers, crayons and/or pencils, Talents to Consider list (provided), Talent Tree template (provided), whiteboard or large sheet of chart paper, small sticky notes.

Activity Steps:

- Write the word talent on the whiteboard or chart paper and brainstorm with students:
 - ♦ What do you think a talent is?
 - ♦ Discuss the definition at the top of this page and how talents can be things you're naturally good at, things you enjoy doing, and/or things you work hard to get better at.
- Hand out blank paper and ask students to create a personal talent list. Prompt with the following questions:
 - ♦ What are you good at?
 - ♦ What do you enjoy doing?
 - ♦ What do your friends or family say you're good at?
 - ♦ Explore the Talents to Consider list for ideas. Ask students what they would add to the list.
- Distribute the Talent Tree template.
 - ♦ Ask students to write one talent or strength on each branch.
 - ♦ Encourage students to personalize their tree with drawings that connect to their talents.
- Have students pair up or form small groups to share their Talent Trees.
 - ♦ Give each student a few sticky notes. On separate sticky notes, have them write something they admire or appreciate about each person in their group.
 - ♦ Have students stick the notes on their classmates' Talent Trees pages.

Personal Reflection:

- What did you learn about yourself today?
- Which talents would you like to use and continue to develop this year?

Group Discussion:

- What is one new thing you learned about someone else?
- How can you use your talents to help others?

Extended Learning:

- Talent Wall: Create a class display featuring everyone's Talent Trees.
- Talent Showcase: Organize a future day for students to demonstrate and/or discuss their talents. Focus not just on talents that can be "performed" but discuss and celebrate a wide variety of talents.

Talents to Consider

Creative Talents

- Drawing or painting
- Writing stories or poetry
- Singing
- Playing a musical instrument (e.g., piano, guitar, violin)
- Crafting or building with materials (e.g., Legos, clay)
- Acting or performing in plays
- Dancing or choreography
- Designing things (e.g., clothes, comic strips)



Athletic Talents

- Running or sprinting
- Team sports (e.g., soccer, basketball, baseball)
- Gymnastics or tumbling
- Swimming
- Skating or skateboarding
- Martial arts (e.g., karate, tae kwon do)
- Riding a bike or performing tricks
- Hiking or climbing



Practical Talents

- Cooking or baking
- Gardening or caring for plants
- Taking care of pets or animals
- Cleaning and organizing spaces
- Being helpful and responsible
- Sewing, knitting, or other hands-on crafts



Academic Talents

- Solving math problems
- Spelling or vocabulary
- Science experiments or understanding nature
- Reading comprehension
- Remembering facts or trivia
- Learning new languages quickly
- Strategic thinking in games (e.g., chess)
- Researching and explaining ideas



Interpersonal Talents

- Helping friends or siblings
- Being a good listener
- Mediating or resolving conflicts
- Making others laugh (great sense of humor)
- Showing kindness or empathy
- Organizing group activities or games
- Leading classmates in projects or play
- Encouraging or cheering up others



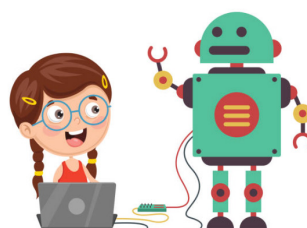
Technical and Problem-Solving Talents

- Building or fixing things (e.g., small machines, models)
- Coding or using technology
- Inventing new tools or gadgets
- Solving puzzles or riddles
- Planning or organizing events
- Navigating maps or directions
- Developing creative solutions to problems



Other Unique Talents

- Storytelling or entertaining others
- Observing details that others might miss
- Having a great sense of direction
- Memorizing songs, lines, or routines quickly
- Spotting patterns or connections in things



My Talent Tree

