



ABCs of Me!

Summary: Help your child identify important skills that they have to be successful.

Age Group: Grades 6th through 8th

Materials: A piece of notebook paper or computer

Instructions:

This activity can be done on paper or electronically.

1. Have your child write each letter of the alphabet in order down the page vertically.
2. Next, have them come up with at least one skill or trait for every letter of the alphabet.
3. Using that list, have them choose 4 skills or traits that they think most accurately represent them.
4. How do those skills represent them? And how do those skills or traits help them in daily life? Have them make note of this using words or pictures.
5. Now, have your child think about how those 4 traits or skills they chose. How could be useful in their future career? If they don't know what they want to be when they grow up, have them think about how these skills or traits could be useful when searching for a job.

Extension: Have your child research what it takes to become what they want to be when they grow up (or what they think they might be interested in when they grow up). Have them think about educational requirements and skills or traits that they would need. Have them use the list from above when thinking about different skills or traits.