

Discover Your Royal Strengths with the Snow Queen



Instructions: Join us on a magical journey of self-discovery alongside the Snow Queen. Together, let's explore and celebrate the unique strengths and talents that make you special. Use this worksheet to share, reflect, and discover more about each other's abilities and dreams.

Section 1: My Strengths

In the space below, write down three strengths you believe you have. These can be anything you're good at or feel positively about.

- Strength 1: _____
- Strength 2: _____
- Strength 3: _____

Section 2: My Talents

Talents can be hidden or shining brightly. What are three talents you possess or would like to develop? Let's uncover them together.

- Talent 1: _____
- Talent 2: _____
- Talent 3: _____

Section 3: Reflection Corner

Reflect on the strengths and talents you've written. Share with each other why you chose these and how you feel they contribute to your uniqueness.

- One new thing I discovered about myself today is:

- One strength I admire in my parent/child is:

- One talent I would love to explore more is:

Section 4: Creative Corner

Draw or describe a talent you haven't had the chance to explore yet but would love to. Dream big – the Snow Queen believes in you!



Creative Space:

A large empty rectangular area defined by a dotted blue border, intended for drawing or writing.

Closing Thoughts:

Share one thing you've learned about each other today that you didn't know before.

How can you support each other in exploring these new talents and strengths?

Color Me: Discover Your Royal Strengths with the Snow Queen



Reflections:



Reflections: