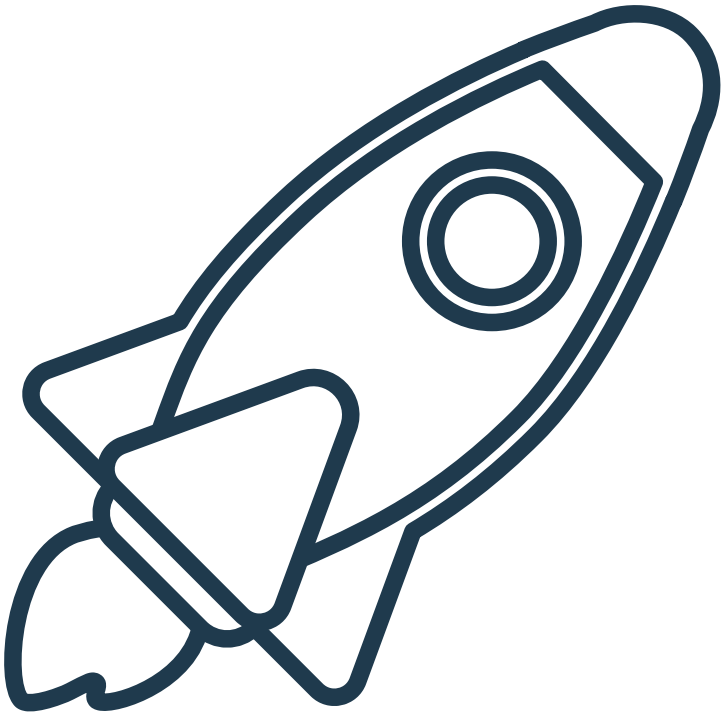
COLOURING BOOK · FILODIE

My Strengths

Discovering everything I can do



My name: _____

Date: _____

Six colouring pages to share with an adult. Each page has a short question to talk about together.

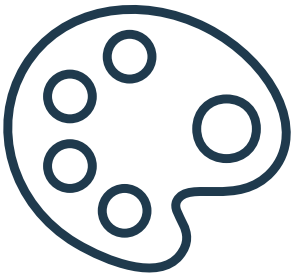
I can...

I colour what I know how to do. I write an example under each picture.



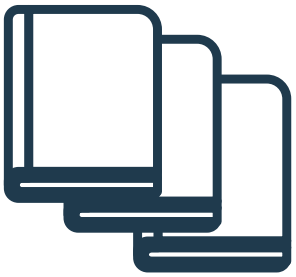
Move

An example: _____



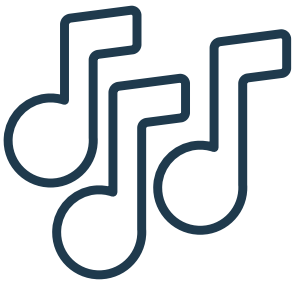
Create

An example: _____



Learn

An example: _____



Make music

An example: _____



Solve problems

An example: _____



Help

An example: _____

TIP FOR THE ADULT

Talking about a child's strengths, not only their difficulties, supports their well-being (Niemiec, 2017).

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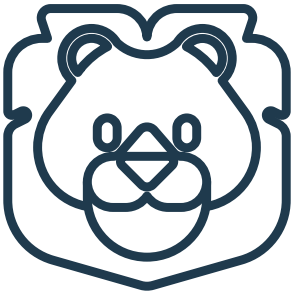
My qualities

I colour and circle the qualities I already have. I choose one to grow.



Curiosity

☐



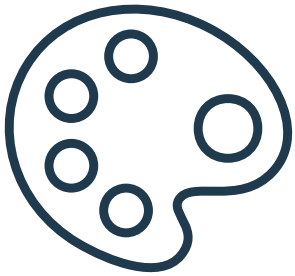
Courage

☐



Humour

☐



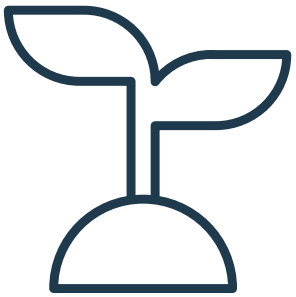
Creativity

☐



Kindness

☐



Perseverance

☐

TIP FOR THE ADULT

Naming qualities as nouns (curiosity, courage…) fits everyone and avoids labels. Give a concrete example for each quality you name.

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My portrait

I draw myself doing an activity I love and where I feel good.









TIP FOR THE ADULT

Ask the child to tell you about the drawing: “What helps you do well in this activity?”

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My success

I colour the trophy. On it, I write something I succeeded at this week, big or small.



To get there, I...

TIP FOR THE ADULT

Praise effort and strategy rather than talent: “You tried another way” supports perseverance (Yeager et al., 2019).

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WELL DONE!

I believe in myself!



This certificate is presented to

_____

for discovering their strengths and qualities.

Date: _____ **Signed:** _____

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Thank you for choosing Filodie!

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