



of Greater Indianapolis

MY SPECIAL TALENTS

Ages:

6-8

Description:

***Support from a trusted adult is needed during this activity.*

In this activity we will think about the talents that make us unique! We'll create a Talent T-shirt to help us remember the things that make us special. This activity is inspired by the Girls Inc. belief that all girls have something special to offer. It is our mission to empower them to share their talents with the world.

Time:

30 minutes

Materials Needed:

- A trusted adult
- Markers
- Blank paper (you can use the back of a worksheet to save paper)
- An old t-shirt (if a shirt is not available, use a second piece of paper)

Let's Get Started!

Step 1:

Find a trusted adult that you like to spend time with. They are going to help you with during this activity with reading, answering questions, and finding supplies.

Step 2:

With your trusted adult, gather all the supplies you need to get started. You will draw on the old t-shirt you pick, so make sure it is one you don't wear anymore. If you don't have an old t-shirt, you can use a piece of paper!

Step 3:

Find a comfortable spot with room to spread out. Place your supplies on the table or floor.

Step 4:

Before you sit down, spend one minute moving your body to get out all your wiggles. If you want, put on your favorite song for a quick dance party.

Step 5:

Ready to go? Sit down, grab your favorite marker color and let's get started!

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What Makes Me Special?

[Trusted Adults: Follow the script below to help your student discover what makes them special. Feel free to use your own words.]

Step 1:

Are you sitting down, comfortable and ready?

Close your eyes and think deeply about this next question – it is important!

Can you tell me the top three things you are good at?

[Prompt them with some of the following ideas if needed.]

Think about things you like to do that make you feel good or happy.

Playing certain games? Helping your family? Listening to your friends? Making your family smile? Science project? Art project? Sports? Music? Math? Being silly or goofy? Asking questions? Answering questions? Dancing? Sharing?

Step 2:

[Be prepared to share talents you know your student has. If there are other trusted adults in the household, ask them to contribute.]

Thank you for sharing those three things you are good at. I agree! Those are all things I would say you are good at, too.

Let's write these things down on your paper.

Do you know what the things you are good at are called?

They are called talents.

Because I know you so well, I want to tell you a couple of other talents I've noticed you have.

[Share things you've observed.]

Step 3:

Our talents make us special and unique. Knowing our talents can help us learn more about ourselves.

For example, if one of your talents is making your family smile that could mean that you are a kind, or funny, or thoughtful person.

What can you learn about yourself from the talents you told me about earlier?

[Help them think of personality traits or qualities about themselves that are represented in their talents. Help them write these traits or qualities on the blank paper.]

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Thank you for sharing all your talents with me. I really enjoyed learning more about who you are and what makes you special.

My Talent T-Shirt

[Trusted Adults: Follow the script below to help your student create a Talent T-Shirt. Feel free to use your own words. Once started, students can work independently on their shirt.]

Step 1:

It is important to remember our talents and what make us special. Why do you think it is important to remember our talents and what makes us special?

[Allow them to share ideas.]

When we remember our talents, we can share them with the world to make it a better place. Sharing our talents with the world can make us feel good and happy.

Step 2:

We are going to use markers to draw pictures on our t-shirt that remind us of our talents!

[Spread out the t-shirt and markets on a table or the floor. If the t-shirt already has a design, flip it inside out or backward.]

Let's look at the list of talents we made earlier and think of what pictures we could draw to help us remember these talents.

What picture could you draw to help you remember that you *[insert talent]*?

For example, if your talent was making people laugh, maybe you could draw a big smile. If your talent was science or math, maybe you could draw math problems or objects you use in science class. If your talent was helping others, you could draw a picture of you helping a friend.

Step 3:

It is time to draw your pictures! Use your markers to draw these pictures on your t-shirt. You can spend as much time on this part as you'd like!

Here is an example. The talents drawn here are making my friends laugh, helping my friends, and being a good artist.

Tip: Put a piece of cardboard or magazine between the sides of the t-shirt to prevent the markers from bleeding through to the other side or your table.



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ACTIVITY RECAP

Discovery Questions: [Follow the Experience Learning Cycle model]

- What are two things that make you special?
- Why do you think it is important to remember our talents and what makes us special?
- How can share your talents with other people in your life and community?
- With a parent/guardian's permission, share a picture of your Talent T-shirt on our Instagram page with the tag @girlsincindy.

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