



Worksheet 1:

The Sibling Strength Map

SAMPLE

Purpose:

To help you recognise and appreciate your own strengths and your siblings' strengths. This activity encourages gratitude, teamwork, and seeing family members as allies rather than rivals.

Instructions:

Write down your strengths and weaknesses in the table below. Then swap with your sibling and let them add what they think your strengths are. Finally, discuss together how your different strengths can support each other.

Category	My Strengths	My Weaknesses	My Siblings Make My Strengths Are...
School/Work			
Sports/Physical			
Friendship/Kindness			
Creativity			
Problem Solving			
Other...			

Reflection Questions

1. What strengths do you see in your siblings that you hadn't noticed before?
2. How could you use each other's strengths to work as a team?
3. Why is it important to notice both your strengths and your siblings' strengths?
4. How can recognising your siblings' strengths change the way you treat them?