

Doing what you're good at

Activity

Talent spotting

Did you know that you learn more quickly when you enjoy what you're doing? Or that doing something you're good at can make you happier?

There are qualities that make you who you are and you may not even know them yet! Perhaps you can't stand still when you're listening to music – so could you be a dancer? Are you the most patient listener in your family when grandpa is rambling? Not everyone is good at that!

Take this quiz to discover where your strengths and interests really are. You might be surprised!

Q1: Have any of these things ever happened to you?

- You got a good mark in class, for homework, classwork or attitude.
- You took part in a match, game, quiz or competition.
- You helped someone out.
- You made someone laugh or smile.
- Someone said, 'Wow!'; 'That's really good!' or 'Well done!' about something you did or made.
- Someone said, 'I'd never thought of that before' about something you said, wrote, drew or made.
- You found it easy to do something that your friend found difficult.
- Someone said, 'You seem to really enjoy doing that', when you were doing something.
- You enjoyed doing something more than you expected.
- You tried something new and thought you'd like to do it more often.
- You saw someone doing an activity and thought you might like to have a go at it.

Q2: What were you doing when this happened? (If you picked more than one thing for Q1, think about what you were doing in each situation.) Write it down.

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Q3: How did it make you feel at the time?

Brilliant Okay It's hard Good Could be better

Q4: How does it make you feel now that you remember it?

Brilliant Okay It's hard Good Could be better

Congratulations! You've found a talent or interest you didn't know you had!

Once you have found something you're good at, what do you want to do about it? Perhaps there is a club you could join? Or a competition you could enter? Sharing your talent with others might be fun and you might help somebody else too. Talk to someone you trust about how you might do more of what you're good at or enjoy and how you might improve.

P.S. There's more help on doing what you're good at in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk