

Discovering & Working with Your Child's Strengths Worksheet

I believe Howard Gardner's idea of multiple intelligences provides a powerful way to understand your child's unique strengths. While not all researchers agree on the science, I find it a helpful framework for parents because it reminds us that there are many ways to be 'smart'.

When you combine this with an awareness of your child's learning preferences (e.g., some children learn best by seeing, others by listening, reading/writing or hands- on doing), we begin to see a bigger picture.

Creating a strengths profile for your child helps you celebrate how your child's mind works and guides you in supporting both their learning and confidence.

In this worksheet, you'll find:

- Quiz 1 - Your Child's Strength Profile
- Using the Strengths Profile Wheel
- Reflection Exercise
- Quiz 2 - Reframing Challenges as Growth Areas
- Linking Strengths to Challenges

Quiz 1: Your Child's Strength Profile

For each statement, rate how strongly you agree on a scale of 1 (not at all true) to 5 (very true)

Linguistic/Verbal

1. My child enjoys reading, writing or creating stories.

1 2 3 4 5

2. My child expresses themselves well through words, jokes or conversations.

1 2 3 4 5

Logical/Mathematical

1. My child enjoys problem-solving, puzzles, patterns or strategic thinking.

1 2 3 4 5

2. My child asks thoughtful 'why' questions and likes to make sense of how things work.

1 2 3 4 5

Musical/Rhythmic

1. My child shows enthusiasm for music, rhythm or singing.

1 2 3 4 5

2. My child remembers tunes easily or makes up their own songs or beats

1 2 3 4 5

Bodily/Kinaesthetic

1. My child enjoys and excels at hands-on activities such as building, creating or experimenting

1 2 3 4 5

2. My child is highly energetic and thrives in movement-based activities like sports or dance.

1 2 3 4 5

Interpersonal

1. My child shows empathy and emotional intelligence with people or animals.

1 2 3 4 5

2. My child is a natural leader and enjoys guiding or helping others

1 2 3 4 5

Quiz 1: Your Child's Strength Profile

Intrapersonal

1. My child demonstrates deep knowledge and enthusiasm for specific personal interests.

1 2 3 4 5

2. My child reflects on their feeling, goals or challenges with some awareness

1 2 3 4 5

Naturalistic

1. My child shows curiosity about nature, animals, plants or the environment

1 2 3 4 5

2. My child feels calm and connected when outdoors.

1 2 3 4 5

Learning preferences (VARK)

1. My child understands best with pictures, diagrams or visual aids (visual).

1 2 3 4 5

2. My child learns best by listening, singing or discussing ideas (auditory)

1 2 3 4 5

3. My child prefers written instructions, lists or note-taking (reading/writing).

1 2 3 4 5

4. My child learns best through touching, building, moving or role-playing (kinaesthetic)

1 2 3 4 5

How to interpret the quiz

Scores of 4-5 = clear strengths: areas where your child naturally shines

Scores of 2-3 = emerging strengths: may grow with encouragement or opportunity.

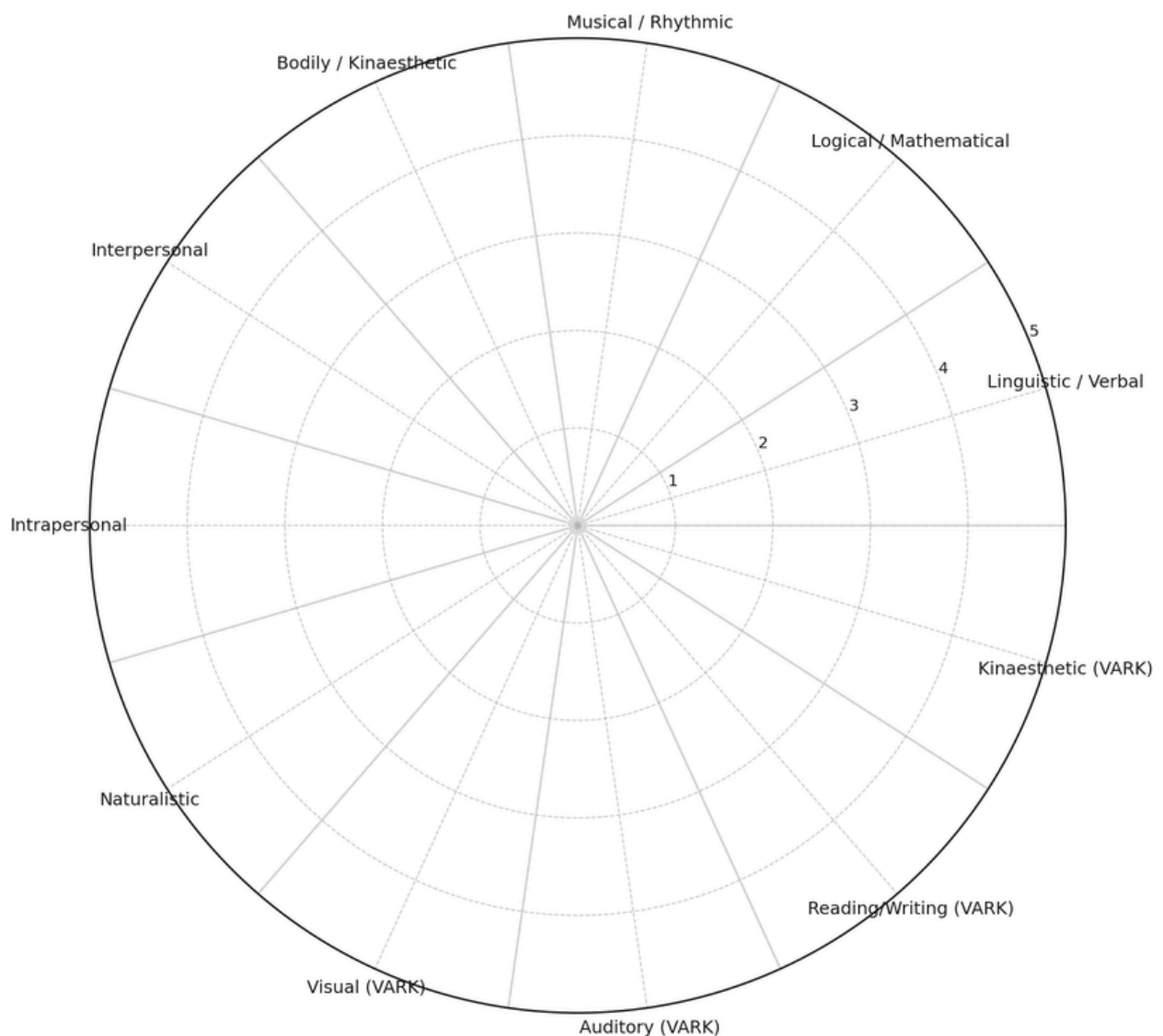
Scores of 1 = less of a preference: not every child enjoys every activity, and that's okay.

Look for patterns – which intelligences scored highest? Which learning preferences stood out?
Together, these give you your child's strength profile.

Using The Strengths Profile Wheel

The Strengths Profile Wheel is a simple visual tool to help you map your child's scores. Shade each bar from 1 to 5 for each category. When you're finished, you'll see a clear depiction of your child's unique strengths at a glance.

The Strengths Profile Wheel (Blank Template)



Reflection Exercise

- Which strengths stood out the most for my child?

- Which learning preferences seem strongest?

- Did any of the results surprise me?

- How do these strengths show up in everyday life (home, school, friendships)?

- How can I nurture these strengths through activities, hobbies or learning opportunities?

- How might these strengths help balance or support areas my child finds harder?

- How might I share this profile with my child's teacher so we can work together to support their learning?

Quiz 2 - Reframing Challenges as Growth Areas

Instructions: Take a few quite minutes to reflect on each question. Write down short notes or examples that come to mind. The goal is not to 'fix' your child, but to see their challenges in a new light and discover gentle ways to support their resilience. Look back at your child's strengths profile from Quiz 1.

Use these short questions to see how their strengths can support them when things feel hard.

Reflection Questions:

- Which strength could help with a current struggle? Example, My child's energy (strength) can be used in active learning games instead of sitting still)

- Does their learning style suggest a new approach? Example: My child struggles with spelling, but as a visual learner, they could try colourful word cards

- How can I bring their interests into tricky tasks? Example: My child loves animals, so I use animal examples when teaching maths.

- When do I see their strengths shine the most? Example: They do better with homework in the morning when they're fresh, not at night when tired.

- What makes them feel proud? How can I use that more? Example: They feel proud when helping younger siblings - I can give them more 'helper' roles at home.

Quiz 2 - Reframing Challenges as Growth Areas

- How can I reframe this challenge as a skill in progress? Example: 'Bossy' with friends - learning to be a leader with kindness

- What is one small step I can try this week? Example: Let them use Lego blocks to practise maths facts instead of worksheets.

By connecting back to strengths you've already identified, challenges stop looking like flaws and start looking like opportunities to grow and support.

Reflection Worksheet: Linking Strengths to Challenges

This worksheet helps you connect your child's strengths (from Quiz 1) with their challenges (from Quiz 2). By linking the two, you can see how strengths can be used to support growth in harder areas.

Instructions

Look back at your child's strength (Quiz 1) and write one strength in the first column.

Write a related/linked challenge in the second column.

In the last column, jot down how you could reframe or support the challenge using your child's strength, so it looks something like the example here.

Strength (Quiz 1)	Linked Challenge (Quiz 2)	Reframe/Support
Energetic and loves movement	Finds it hard to sit during homework	Use movement-based learning games or breaks
Empathetic with others	Gets upset easily when friends are unkind	Role-play calming responses and highlight their kindness as a strength
Curious and asks lots of questions	Becomes frustrated when answers aren't clear	Explore answers together using books, videos or experiments
Creative imagination	Daydreams and loses focus in class	Channel imagination into storytelling or creative projects
Strong sense of fairness	Argues with siblings about 'rules'	Encourage leadership roles (e.g., helping set fair family rules)

You don't need to fill every row. Even one or two linked reflections can give you fresh insight into how to turn challenges into growth opportunities