



Strengths of Your Community Worksheet



Introduction

Strengths-based care highlights the resilience, talents, and positive qualities already present in every individual and family. It is completely normal if reflecting on your own strengths, child's or community's strengths, feels unfamiliar at first. Recognizing these strengths increases participation, builds confidence, and leads to better outcomes.¹

As you move through this activity, remember:
you know your story best.

We're simply here to support you in exploring and celebrating the strengths that make you, your loved ones, and your community unique.

Thank you for engaging in this Strengths-Based Activity.

We're genuinely grateful for your openness and curiosity.



EXPLORE YOUR STRENGTHS TOGETHER



We would like to learn more about the strengths and positive qualities that you, your child, family, and community bring. Please answer the questions below to the best of your ability². You may use the example list of strengths on page 4 if needed.

Open-ended questions



Child^{3,4,5}:

1. Tell me about your child, what stands out about them?
2. What are some things that bring your child the most joy?
3. Describe a moment that you felt proud about your child?

Parent/Caregiver^{1,3,4}:

1. What are some things you feel are your strengths about being your child's parent/caregiver?
2. What is something you've learned about yourself since becoming a parent/caregiver?
3. What are some ways you like to do to recharge or take care of your own well-being?

Family Unit¹:

1. What makes your family feel close or connected?
2. What is a moment you've had as a family that describes all of you as a unit?
3. Are there values or beliefs that guide your family through tough decisions?

Community^{6,7}:

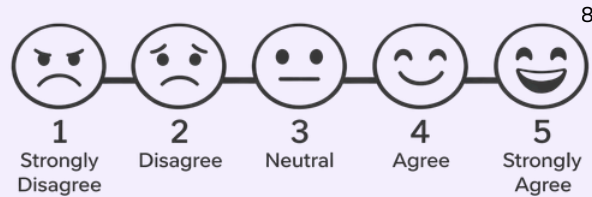
1. How would you describe your community or neighborhood?
2. What helps you feel connected (or disconnected) from your community?
3. What do you think your community does well?



STRENGTH DOMAINS



Read the questions below and identify one or two from each section that stand out to you. Using the scale provided below, please rate how much you agree with each of the following statements.



Child Strengths Domain^{3,4,5}

1. The child has the ability to make friends. _____
2. The child enjoys school and participates in school-related activities. _____
3. My child can recognize their own mistakes. _____

Parental Strengths Domain^{1,3,4}

1. I try to see my child's point of view. _____
2. I give praise when my child had done something positive. _____
3. I work to be a good role model for my child. _____

Family Unit Domain¹

1. Our family is able to communicate openly about problems and feelings. _____
2. Family members support one another during challenges and setbacks. _____
3. Our family values each person's individuality and contributions. _____

Community Domain^{6,7}

1. The community is clean, well-maintained, and welcoming to families. _____
2. Our community has resources that support families (e.g., food assistance, health clinics, mental health services). _____
3. The school is an active partner in the child's education. _____



EXAMPLE LIST OF STRENGTHS⁵



Perceived Strengths for Child^{3,4,5}

1. Honest: ability to be truthful and genuine through words and actions
2. Well-behaved: ability to be respectful of rules and social norms
3. Selfless: ability to prioritize well-being of others over own
4. Open-minded: ability to be open to new ideas and concepts
5. Independence: able to complete tasks on their own without guidance
6. Respectful: treats others kindly and values their feelings

Perceived Strengths for Parent/Caregiver^{1,3,4}

1. Empathetic: can understand child's needs and feelings
2. Patience: can take a step back and does not rush
3. Stable: provides child security
4. Grounded: stays calm, steady, and practical
5. Mindful: considerate of how they impact others around them
6. Kindness: shows compassion

Perceived Strengths for the Family Unit¹

1. Celebratory: takes time to recognize milestones, successes, and shared traditions
2. Adaptable: can adjust roles and routines when confronted with change
3. Playful: humor and shared joy to maintain closeness
4. Empathetic: demonstrates understanding and compassion for one another
5. Open-minded: willing to consider new ideas and perspectives
6. Respectful: treat each other with kindness, dignity and consideration

Perceived Strengths for the Community^{6,7}

1. Accessibility & Safety: there are sidewalks for pedestrians, feeling safe
2. Programs: there are places children can go for fun or parents to get support or have fun
3. Learning opportunities & Technology Access: there are libraries, adult education classes, or tutoring programs with accessible Wi-Fi zones.
4. Language & Culture: there is support for bilingual individuals and spaces to celebrate diverse cultures
5. Faith communities: there are places available for worship or spiritual groups
6. Crisis Support: there are services to help the community during emergencies